

Peach Cobbler

READY IN



65 min.

SERVINGS



9

CALORIES



699 kcal

DESSERT

Ingredients

- ☐ 1.5 tablespoons double-acting baking powder
- ☐ 3 tablespoons butter
- ☐ 9 servings butter for greasing baking dish
- ☐ 0.5 cup flour all-purpose (note: we did not do this in the show, but it is necessary)
- ☐ 3 cups flour all-purpose
- ☐ 3 tablespoons juice of lemon
- ☐ 3 pounds peaches frozen
- ☐ 1 pinch salt
- ☐ 2 cups sugar

- ☐ 3 tablespoons sugar for sprinkling over the top
- ☐ 3 tablespoons vegetable shortening
- ☐ 9 servings whipped cream fresh for serving
- ☐ 2 eggs whole
- ☐ 0.8 cup milk whole

Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ pastry cutter
- ☐ baster

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F. Butter a baking dish.
- ☐ For the fruit: In a bowl, combine the peaches, sugar, flour, lemon juice and salt. Stir and set aside.
- ☐ For the topping: In a separate bowl, combine the flour, sugar, baking powder and salt. Stir together.
- ☐ Add the butter and shortening, and then cut together with a pastry cutter. Beat the milk and eggs together.
- ☐ Pour into the flour mixture and stir with a fork until just combined.
- ☐ Pour the peaches into the prepared baking dish. Tear off pinches of the dough topping and drop it onto the surface of the fruit, creating a "cobbled" texture.
- ☐ Sprinkle additional sugar over the top.
- ☐ Bake until golden brown and bubbly, 30 to 35 minutes. Allow to sit for 10 to 15 minutes before serving. If the cobbler is too juicy, use a turkey baster to remove a little of the juice (or spoon the juice over ice cream).
- ☐ Serve warm with vanilla ice cream or fresh whipped cream.

Nutrition Facts

PROTEIN 6% FAT 27.76% CARBS 66.24%

Properties

Glycemic Index:69.05, Glycemic Load:75.98, Inflammation Score:-7, Nutrition Score:16.204782610354%

Flavonoids

Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg Catechin: 7.44mg, Catechin: 7.44mg, Catechin: 7.44mg, Catechin: 7.44mg Epigallocatechin: 1.57mg, Epigallocatechin: 1.57mg, Epigallocatechin: 1.57mg, Epigallocatechin: 1.57mg Epicatechin: 3.54mg, Epicatechin: 3.54mg, Epicatechin: 3.54mg, Epicatechin: 3.54mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 698.95kcal (34.95%), Fat: 22g (33.84%), Saturated Fat: 11.31g (70.67%), Carbohydrates: 118.12g (39.37%), Net Carbohydrates: 114.06g (41.47%), Sugar: 76.3g (84.78%), Cholesterol: 88.64mg (29.55%), Sodium: 374.21mg (16.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.71g (21.41%), Selenium: 24.63µg (35.18%), Vitamin B2: 0.53mg (31.26%), Vitamin B1: 0.46mg (30.85%), Folate: 107.22µg (26.8%), Calcium: 248.97mg (24.9%), Phosphorus: 241.5mg (24.15%), Vitamin A: 1098.37IU (21.97%), Manganese: 0.44mg (21.77%), Vitamin B3: 4.2mg (21.01%), Iron: 3.25mg (18.08%), Fiber: 4.06g (16.25%), Vitamin E: 1.94mg (12.91%), Potassium: 420.65mg (12.02%), Vitamin B5: 1.1mg (11%), Copper: 0.21mg (10.74%), Vitamin C: 8.53mg (10.34%), Magnesium: 36.68mg (9.17%), Zinc: 1.37mg (9.13%), Vitamin B12: 0.47µg (7.84%), Vitamin K: 7.92µg (7.54%), Vitamin B6: 0.12mg (6.13%), Vitamin D: 0.55µg (3.67%)