



Peach Cobbler

 Vegetarian  Popular

READY IN



45 min.

SERVINGS



4

CALORIES



475 kcal

DESSERT

Ingredients

- 1 tablespoon juice of lemon fresh
- 0.5 cup sugar
- 1 teaspoon cornstarch
- 0.5 teaspoon salt
- 1 teaspoon double-acting baking powder
- 0.3 cup water boiling
- 6 large peaches cut into thin wedges
- 1 cup flour all-purpose

0.8 stick butter unsalted cold cut into small pieces

Equipment

oven

blender

baking pan

Directions

Preheat oven to 425°F.

Toss peaches with sugar, lemon juice, and cornstarch in a 2-qt. nonreactive baking dish and bake in middle of oven 10 minutes.

Stir together flour, sugar, baking powder, and salt. Blend in butter with your fingertips or a pastry blender until mixture resembles coarse meal. Stir in water until just combined.

Remove peaches from oven and drop spoonfuls of topping over them.

Bake in middle of oven until topping is golden, about 25 minutes. (Topping will spread as it bakes.)

Nutrition Facts



PROTEIN 4.72% **FAT 33.39%** **CARBS 61.89%**

Properties

Glycemic Index:69.34, Glycemic Load:44.04, Inflammation Score:-8, Nutrition Score:12.407826117847%

Flavonoids

Cyanidin: 5.04mg, Cyanidin: 5.04mg, Cyanidin: 5.04mg, Cyanidin: 5.04mg Catechin: 12.91mg, Catechin: 12.91mg, Catechin: 12.91mg, Catechin: 12.91mg Epigallocatechin: 2.73mg, Epigallocatechin: 2.73mg, Epigallocatechin: 2.73mg, Epigallocatechin: 2.73mg Epicatechin: 6.14mg, Epicatechin: 6.14mg, Epicatechin: 6.14mg, Epicatechin: 6.14mg Epigallocatechin 3-gallate: 0.79mg, Epigallocatechin 3-gallate: 0.79mg, Epigallocatechin 3-gallate: 0.79mg, Epigallocatechin 3-gallate: 0.79mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 475.42kcal (23.77%), Fat: 18.29g (28.14%), Saturated Fat: 10.98g (68.65%), Carbohydrates: 76.26g (25.42%), Net Carbohydrates: 71.47g (25.99%), Sugar: 47.17g (52.41%), Cholesterol: 45.55mg (15.18%), Sodium: 434.84mg (18.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.62%), Vitamin A: 1385.45IU (27.71%), Selenium: 16.49µg (23.56%), Vitamin B1: 0.31mg (20.68%), Vitamin B3: 3.97mg (19.87%), Fiber: 4.8g (19.2%), Manganese: 0.38mg (18.83%), Folate: 74.32µg (18.58%), Vitamin E: 2.43mg (16.21%), Vitamin C: 12.21mg (14.8%), Vitamin B2: 0.25mg (14.6%), Iron: 2.48mg (13.76%), Copper: 0.26mg (12.92%), Phosphorus: 118.86mg (11.89%), Potassium: 363.41mg (10.38%), Vitamin K: 9.45µg (9%), Calcium: 80.14mg (8.01%), Magnesium: 28.96mg (7.24%), Vitamin B5: 0.57mg (5.67%), Zinc: 0.85mg (5.66%), Vitamin B6: 0.08mg (4.09%), Vitamin D: 0.32µg (2.12%)