



Peach Cobbler

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



167 kcal

DESSERT

Ingredients

- 1 tablespoon butter melted
- 1 tablespoon cornstarch
- 0.3 teaspoon ground cinnamon
- 2 teaspoons juice of lemon
- 0.3 cup milk
- 6 peaches peeled cut into 1/2-inch slices (6 cups)
- 0.3 cup sugar
- 2 tablespoons sugar

- 6 servings garnish: whipped cream sweetened
- 2 tablespoons water
- 1 cup frangelico
- 1 cup frangelico

Equipment

- bowl
- sauce pan
- oven
- glass baking pan

Directions

- Heat oven to 400F. In 4-quart saucepan, mix 1/3 cup sugar, the cornstarch and cinnamon. Stir in peaches, water and lemon juice.
- Heat to boiling, stirring constantly; boil and stir 1 minute.
- Pour into ungreased 8- or 9-inch square (2-quart) glass baking dish.
- In medium bowl, stir Bisquick mix, 1 tablespoon of the sugar, the milk and melted butter until soft dough forms.
- Drop dough by 6 tablespoonfuls onto hot peach mixture.
- Sprinkle remaining 1 tablespoon sugar over dough.
- Bake 20 to 25 minutes or until golden brown.
- Serve with whipped cream.

Nutrition Facts



PROTEIN 4.6% FAT 20.86% CARBS 74.54%

Properties

Glycemic Index:46.41, Glycemic Load:16.4, Inflammation Score:-5, Nutrition Score:4.6756521463394%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 167.16kcal (8.36%), Fat: 4.1g (6.31%), Saturated Fat: 1.5g (9.38%), Carbohydrates: 33g (11%), Net Carbohydrates: 30.69g (11.16%), Sugar: 28.84g (32.05%), Cholesterol: 6.19mg (2.06%), Sodium: 47.68mg (2.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.07%), Vitamin A: 635.87IU (12.72%), Fiber: 2.31g (9.24%), Vitamin C: 6.8mg (8.25%), Vitamin E: 1.22mg (8.11%), Potassium: 215.55mg (6.16%), Vitamin B3: 1.23mg (6.15%), Copper: 0.12mg (6.04%), Manganese: 0.11mg (5.41%), Phosphorus: 52.93mg (5.29%), Selenium: 3.62µg (5.18%), Vitamin K: 4.68µg (4.46%), Vitamin B2: 0.07mg (4.3%), Magnesium: 14.6mg (3.65%), Vitamin B1: 0.05mg (3.1%), Calcium: 30.7mg (3.07%), Vitamin B5: 0.3mg (3.03%), Iron: 0.54mg (2.97%), Zinc: 0.43mg (2.85%), Vitamin B6: 0.05mg (2.47%), Folate: 9.54µg (2.39%), Vitamin B12: 0.09µg (1.55%), Vitamin D: 0.17µg (1.15%)