



Peach Cobbler

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



154 kcal

DESSERT

Ingredients

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

- ☐ 1 tablespoon butter melted
- ☐ 1 serving garnish: whipped cream sweetened
- ☐ 1 cup frangelico

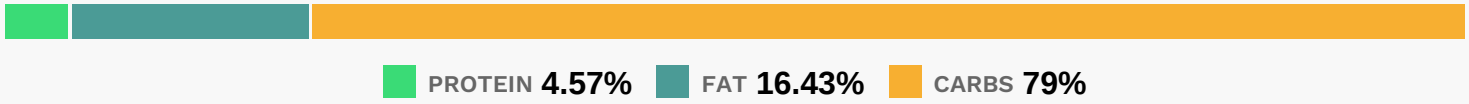
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Heat oven to 400°F. 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



Properties

Glycemic Index:46.41, Glycemic Load:16.05, Inflammation Score:-5, Nutrition Score:4.5221738711647%

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 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: 154.31kcal (7.72%), Fat: 2.99g (4.61%), Saturated Fat: 0.81g (5.06%), Carbohydrates: 32.38g (10.79%), Net
Carbohydrates: 30.07g (10.93%), Sugar: 28.44g (31.6%), Cholesterol: 2.39mg (0.8%), Sodium: 47.28mg (2.06%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.75%), Vitamin A: 601.62IU (12.03%), Fiber: 2.31g (9.25%),
Vitamin C: 6.8mg (8.25%), Vitamin E: 1.18mg (7.9%), Vitamin B3: 1.23mg (6.14%), Copper: 0.12mg (6.02%),
Potassium: 208.2mg (5.95%), Manganese: 0.11mg (5.41%), Selenium: 3.55µg (5.08%), Phosphorus: 48.48mg
(4.85%), Vitamin K: 4.59µg (4.37%), Vitamin B2: 0.07mg (4.11%), Magnesium: 14.05mg (3.51%), Vitamin B1: 0.04mg
(2.97%), Iron: 0.53mg (2.96%), Vitamin B5: 0.29mg (2.88%), Zinc: 0.41mg (2.73%), Calcium: 25.65mg (2.56%),
Vitamin B6: 0.05mg (2.36%), Folate: 9.39µg (2.35%), Vitamin B12: 0.08µg (1.31%), Vitamin D: 0.15µg (1.02%)