



Peach Cobbler

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



324 kcal

DESSERT

Ingredients

- 0.8 cup brown sugar divided packed
- 6 tablespoons butter chilled cut into 6 pieces
- 1 large eggs
- 2 cups flour all-purpose
- 2.5 tablespoons flour all-purpose
- 1 tablespoon granulated sugar
- 1 teaspoon ground cinnamon
- 6 tablespoons water

- 3.8 pounds peaches peeled sliced
- 0.3 teaspoon salt
- 0.3 cup slivered almonds
- 1 tablespoon vanilla extract
- 1 teaspoon water

Equipment

- food processor
- bowl
- oven
- knife
- plastic wrap
- baking pan
- measuring cup

Directions

- Preheat oven to 37
- Lightly spoon 2 cups flour into dry measuring cups; level with a knife.
- Place flour, sugar, and salt in a food processor; pulse 2 to 3 times.
- Add butter pieces; pulse 10 times or until the mixture resembles coarse meal. With processor on, slowly add ice water through food chute, processing just until combined (do not form a ball).
- Gently press dough into a 4-inch circle. Slightly overlap 2 lengths of plastic wrap on a slightly damp surface.
- Place dough on plastic wrap; cover with 2 additional lengths of overlapping plastic wrap.
- Roll dough, still covered, into a 15 x 13-inch rectangle.
- Place in freezer 5 minutes or until plastic wrap can be easily removed; remove top sheets. Fit dough, uncovered side down, into a 2-quart baking dish coated with cooking spray, allowing dough to extend over edges ; remove remaining plastic wrap.

- Combine peaches, 1/2 cup brown sugar, 2 1/2 tablespoons flour, vanilla, and cinnamon in a large bowl; toss gently. Spoon into prepared dish; fold edges of dough over peach mixture.
- Sprinkle 1/4 cup brown sugar over mixture; sprinkle with almonds.
- Combine egg and water in a small bowl.
- Brush egg mixture over dough; sprinkle with granulated sugar.
- Bake at 375 for 45 minutes or until filling is bubbly and crust is lightly browned.
- Let stand 30 minutes before serving.

Nutrition Facts

PROTEIN 6.8%

FAT 25.47%

CARBS 67.73%

Properties

Glycemic Index:32.53, Glycemic Load:21.59, Inflammation Score:-7, Nutrition Score:9.9969565013181%

Flavonoids

Cyanidin: 3.33mg, Cyanidin: 3.33mg, Cyanidin: 3.33mg, Cyanidin: 3.33mg Catechin: 8.4mg, Catechin: 8.4mg, Catechin: 8.4mg, Catechin: 8.4mg Epigallocatechin: 1.84mg, Epigallocatechin: 1.84mg, Epigallocatechin: 1.84mg, Epigallocatechin: 1.84mg Epicatechin: 4mg, Epicatechin: 4mg, Epicatechin: 4mg, Epicatechin: 4mg Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 323.83kcal (16.19%), Fat: 9.36g (14.41%), Saturated Fat: 4.65g (29.07%), Carbohydrates: 56.02g (18.67%), Net Carbohydrates: 52.3g (19.02%), Sugar: 31.86g (35.4%), Cholesterol: 36.66mg (12.22%), Sodium: 147.17mg (6.4%), Alcohol: 0.45g (100%), Alcohol %: 0.23% (100%), Protein: 5.63g (11.25%), Selenium: 14.62µg (20.89%), Manganese: 0.4mg (19.94%), Vitamin B1: 0.26mg (17.33%), Folate: 63.35µg (15.84%), Vitamin A: 792.05IU (15.84%), Vitamin B3: 3.09mg (15.45%), Fiber: 3.72g (14.88%), Vitamin E: 2.2mg (14.67%), Vitamin B2: 0.24mg (14.32%), Iron: 2.15mg (11.95%), Copper: 0.21mg (10.69%), Phosphorus: 92.22mg (9.22%), Vitamin C: 6.98mg (8.46%), Potassium: 289.75mg (8.28%), Magnesium: 29.44mg (7.36%), Vitamin K: 5.85µg (5.57%), Vitamin B5: 0.5mg (4.99%), Zinc: 0.75mg (4.98%), Calcium: 39.09mg (3.91%), Vitamin B6: 0.07mg (3.71%)