



Peach Cobbler

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



305 kcal

DESSERT

Ingredients

- ☐ 0.8 cup brown sugar divided packed
- ☐ 1 eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 2.5 tablespoons flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup water
- ☐ 0.3 cup stick margarine chilled cut into 6 pieces
- ☐ 3.8 pounds peaches peeled sliced

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup slivered almonds
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon vanilla extract
- ☐ 1 teaspoon water

Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ baking pan

Directions

- ☐ Position knife blade in food processor bowl; add first 3 ingredients, and pulse 2 or 3 times.
- ☐ Add margarine pieces, and pulse 10 times or until mixture resembles coarse meal. With processor running, slowly add ice water through food chute, processing just until combined (do not form a ball).
- ☐ Gently press flour mixture into a 4-inch circle on heavy-duty plastic wrap; cover with additional plastic wrap.
- ☐ Roll dough, still covered, into a 15- x 13-inch rectangle.
- ☐ Place dough in freezer 5 minutes or until plastic wrap can easily be removed.
- ☐ Remove top sheet of plastic wrap. Invert and fit dough into a 2-quart baking dish coated with cooking spray, allowing dough to extend over edges of dish; remove top sheet of plastic wrap.
- ☐ Combine peaches, 1/2 cup brown sugar, 2 1/2 tablespoons flour, vanilla, and cinnamon in a large bowl; toss gently. Spoon peach mixture into prepared dish; fold edges of dough over peach mixture (it will only partially cover peaches).
- ☐ Sprinkle remaining 1/4 cup brown sugar over peach mixture; sprinkle with almonds.
- ☐ Combine egg and 1 teaspoon water in a small bowl; stir well.

- ☐
- Brush egg mixture over dough, and sprinkle with 1 tablespoon sugar.
- ☐
- Bake at 375 for 45 minutes or until filling is bubbly and crust is lightly browned.
- ☐
- Let cobbler stand 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:27.53, Glycemic Load:21.59, Inflammation Score:-7, Nutrition Score:9.892174018466%

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: 305.28kcal (15.26%), Fat: 7.26g (11.16%), Saturated Fat: 1.3g (8.14%), Carbohydrates: 56.06g (18.69%), Net Carbohydrates: 52.34g (19.03%), Sugar: 31.85g (35.39%), Cholesterol: 16.37mg (5.46%), Sodium: 147.93mg (6.43%), Alcohol: 0.45g (100%), Alcohol %: 0.24% (100%), Protein: 5.53g (11.07%), Selenium: 14.36µg (20.51%), Manganese: 0.4mg (19.93%), Vitamin B1: 0.26mg (17.32%), Vitamin A: 790.46IU (15.81%), Folate: 62.88µg (15.72%), Vitamin B3: 3.09mg (15.43%), Fiber: 3.72g (14.88%), Vitamin E: 2.18mg (14.55%), Vitamin B2: 0.24mg (14.12%), Iron: 2.14mg (11.88%), Copper: 0.21mg (10.64%), Phosphorus: 90.37mg (9.04%), Vitamin C: 6.99mg (8.48%), Potassium: 289.39mg (8.27%), Magnesium: 29.34mg (7.34%), Vitamin K: 5.26µg (5.01%), Zinc: 0.73mg (4.88%), Vitamin B5: 0.49mg (4.86%), Calcium: 38.42mg (3.84%), Vitamin B6: 0.07mg (3.67%)