



Peach Cobbler

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



364 kcal

DESSERT

Ingredients

- ☐ 1.3 teaspoons double-acting baking powder
- ☐ 6 oz butter cut into 1/2-inch chunks
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1.5 tablespoons juice of lemon
- ☐ 1.5 teaspoons lemon zest grated
- ☐ 4 pounds peaches pitted ripe peeled sliced into 1/2-inch-thick wedges (12 cups; see notes)
- ☐ 0.3 cup quick-cooking tapioca

- ☐ 1 cup sugar
- ☐ 1.5 teaspoons vanilla
- ☐ 0.7 cup whipping cream

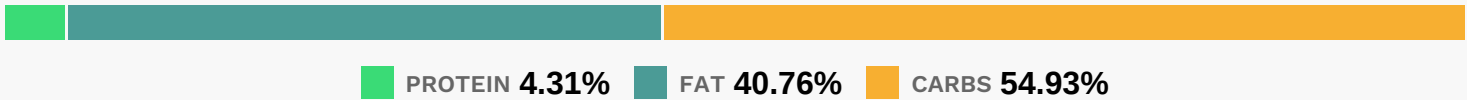
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ In a large bowl, mix peaches, 2/3 cup sugar, and the tapioca, lemon peel, lemon juice, and vanilla.
- ☐ Let stand at least 15 minutes or up to 30 minutes to soften tapioca, stirring several times.
- ☐ In another bowl, combine flour with remaining 1/3 cup sugar, the baking powder, and nutmeg. With a pastry blender or your fingers, incorporate butter into flour mixture until mixture resembles coarse crumbs.
- ☐ Add cream and stir just until dough holds together.
- ☐ In a buttered shallow 2 1/2- to 3-quart baking dish, spread fruit level. Using your hands, crumble dough evenly over fruit.
- ☐ Bake in a 350 oven until fruit mixture bubbles in center and topping is golden brown, 50 to 60 minutes.

Nutrition Facts



Properties

Glycemic Index:33.11, Glycemic Load:28.5, Inflammation Score:-7, Nutrition Score:8.0734782581744%

Flavonoids

Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg Catechin: 7.44mg, Catechin: 7.44mg, Catechin: 7.44mg, Catechin: 7.44mg Epigallocatechin: 1.57mg, Epigallocatechin: 1.57mg, Epigallocatechin: 1.57mg, Epigallocatechin: 1.57mg Epicatechin: 3.54mg, Epicatechin: 3.54mg, Epicatechin: 3.54mg, Epicatechin: 3.54mg Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 364.37kcal (18.22%), Fat: 16.97g (26.11%), Saturated Fat: 10.41g (65.07%), Carbohydrates: 51.45g (17.15%), Net Carbohydrates: 48.57g (17.66%), Sugar: 29.91g (33.24%), Cholesterol: 45.42mg (15.14%), Sodium: 159.21mg (6.92%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 4.04g (8.08%), Vitamin A: 1041.82IU (20.84%), Selenium: 10.88µg (15.55%), Vitamin B1: 0.2mg (13.61%), Vitamin B3: 2.47mg (12.34%), Folate: 48.62µg (12.16%), Manganese: 0.24mg (11.95%), Fiber: 2.88g (11.52%), Vitamin B2: 0.18mg (10.8%), Vitamin E: 1.57mg (10.47%), Vitamin C: 7.33mg (8.88%), Iron: 1.56mg (8.65%), Phosphorus: 76.35mg (7.64%), Copper: 0.15mg (7.62%), Potassium: 226.5mg (6.47%), Vitamin K: 6.01µg (5.73%), Calcium: 46.61mg (4.66%), Magnesium: 18.36mg (4.59%), Vitamin B5: 0.38mg (3.75%), Zinc: 0.54mg (3.62%), Vitamin B6: 0.05mg (2.68%), Vitamin D: 0.21µg (1.41%)