



Peach Cobbler

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



565 kcal

DESSERT

Ingredients

- ☐ 4 lbs peaches yellow pitted ripe peeled sliced into 1/ wedges (free stone peaches will be easiest to work with)
- ☐ 1 cup sugar divided
- ☐ 0.5 cup .3 oz. of pearl tapioca instant
- ☐ 1 teaspoon lemon zest
- ☐ 1.5 tablespoons juice of lemon
- ☐ 2 teaspoons vanilla extract
- ☐ 2 cups flour
- ☐ 1.3 teaspoons double-acting baking powder

- ☐ 0.5 teaspoon ground nutmeg
- ☐ 6 ounces butter cut into 1/2 inch chunks
- ☐ 0.7 cup heavy cream

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Coat peaches with sugar, instant tapioca, lemon, vanilla, let rest:
- ☐ Place the peaches, 2/3 cup of the sugar, instant tapioca, lemon juice, lemon zest, and vanilla in a large bowl and stir to evenly coat the peach slice with everything.
- ☐ Let sit for 30 minutes for the peaches to macerate and the tapioca to soften, stirring occasionally.
- ☐ Make cobbler topping: Preheat oven to 350°F. In a separate bowl, vigorously whisk together the flour, 1/3 cup of sugar, baking powder, and nutmeg.
- ☐ Cut the butter into the flour with your fingers or a fork until the mixture has the texture of a coarse meal.
- ☐ Add the cream and stir with a fork until the dough mixture just comes together.
- ☐ Place peaches in baking dish, top with cobbler topping: Butter a 2 1/2 to 3 quart casserole baking dish.
- ☐ Spread the sliced peaches out in an even layer. Crumble the dough mixture over the peaches.
- ☐ Bake at 350°F until the peaches are bubbly and the topping is well browned, about 50–60 minutes.
- ☐ Let cool 10 minutes before serving.
- ☐ Serve with vanilla ice cream or whipped cream.

Nutrition Facts



 **PROTEIN 4.18%**  **FAT 39.53%**  **CARBS 56.29%**

Properties

Glycemic Index:49.67, Glycemic Load:42.74, Inflammation Score:-8, Nutrition Score:12.100434733474%

Flavonoids

Cyanidin: 4.35mg, Cyanidin: 4.35mg, Cyanidin: 4.35mg, Cyanidin: 4.35mg Catechin: 11.16mg, Catechin: 11.16mg, Catechin: 11.16mg, Catechin: 11.16mg Epigallocatechin: 2.36mg, Epigallocatechin: 2.36mg, Epigallocatechin: 2.36mg, Epigallocatechin: 2.36mg Epicatechin: 5.31mg, Epicatechin: 5.31mg, Epicatechin: 5.31mg, Epicatechin: 5.31mg Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 564.71kcal (28.24%), Fat: 25.46g (39.16%), Saturated Fat: 15.62g (97.6%), Carbohydrates: 81.54g (27.18%), Net Carbohydrates: 77.23g (28.08%), Sugar: 44.9g (49.89%), Cholesterol: 68.13mg (22.71%), Sodium: 238.83mg (10.38%), Alcohol: 0.34g (100%), Alcohol %: 0.13% (100%), Protein: 6.06g (12.11%), Vitamin A: 1562.67IU (31.25%), Selenium: 16.32µg (23.32%), Vitamin B1: 0.31mg (20.41%), Vitamin B3: 3.7mg (18.52%), Folate: 72.92µg (18.23%), Manganese: 0.36mg (17.95%), Fiber: 4.31g (17.23%), Vitamin B2: 0.28mg (16.21%), Vitamin E: 2.36mg (15.7%), Vitamin C: 10.83mg (13.13%), Iron: 2.34mg (12.98%), Phosphorus: 114.53mg (11.45%), Copper: 0.23mg (11.43%), Potassium: 339.91mg (9.71%), Vitamin K: 9.02µg (8.59%), Calcium: 69.77mg (6.98%), Magnesium: 27.56mg (6.89%), Vitamin B5: 0.56mg (5.63%), Zinc: 0.82mg (5.44%), Vitamin B6: 0.08mg (4.01%), Vitamin D: 0.32µg (2.12%), Vitamin B12: 0.07µg (1.13%)