

Peach Cobbler Bread

 Vegetarian

READY IN



65 min.

SERVINGS



16

CALORIES



157 kcal

DESSERT

Ingredients

- 0.1 teaspoon almond extract
- 0.3 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 2 tablespoons brown sugar
- 0.3 cup butter softened
- 2 eggs
- 1.7 cups flour all-purpose
- 1 cup peaches diced peeled

- 2 tablespoons pecans chopped
- 0.5 teaspoon salt
- 1 cup sugar
- 1 teaspoon vanilla extract
- 0.3 cup water

Equipment

- bowl
- frying pan
- oven
- wire rack
- loaf pan
- toothpicks

Directions

- In a bowl, cream butter and sugar.
- Add the eggs, one at a time, beating well after each addition. Beat in water and extracts. Stir in peaches.
- Combine flour, baking soda, salt and baking powder; gradually add to the creamed mixture. Stir in pecans.
- Pour into a greased 9-in. x 5-in. loaf pan.
- Combine topping ingredients; sprinkle over batter.
- Bake at 350° for 50–55 minutes or until a toothpick inserted near the center comes out clean. Cool or 10 minutes before removing from pan to a wire rack.

Nutrition Facts



Properties

Glycemic Index:21.08, Glycemic Load:16.27, Inflammation Score:-2, Nutrition Score:3.0821738865065%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 156.52kcal (7.83%), Fat: 5.45g (8.39%), Saturated Fat: 2.7g (16.89%), Carbohydrates: 25.1g (8.37%), Net Carbohydrates: 24.48g (8.9%), Sugar: 14.88g (16.53%), Cholesterol: 30.63mg (10.21%), Sodium: 188.24mg (8.18%), Alcohol: 0.1g (100%), Alcohol %: 0.23% (100%), Protein: 2.28g (4.56%), Selenium: 6.49µg (9.28%), Manganese: 0.15mg (7.74%), Vitamin B1: 0.12mg (7.68%), Folate: 27.42µg (6.86%), Vitamin B2: 0.1mg (5.78%), Iron: 0.79mg (4.39%), Vitamin B3: 0.87mg (4.35%), Vitamin A: 179.96IU (3.6%), Phosphorus: 33.11mg (3.31%), Fiber: 0.62g (2.46%), Copper: 0.05mg (2.39%), Vitamin E: 0.26mg (1.75%), Vitamin B5: 0.17mg (1.74%), Zinc: 0.25mg (1.65%), Magnesium: 6.14mg (1.53%), Calcium: 12.69mg (1.27%), Potassium: 42.21mg (1.21%), Vitamin B6: 0.02mg (1.05%)