



Peach Cobbler Dump Cake I

 Popular

READY IN



55 min.

SERVINGS



15

CALORIES



207 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 0.5 teaspoon ground cinnamon to taste
- 32 ounce peaches in heavy syrup canned
- 18.3 ounce duncan hines classic decadent cake mix yellow

Equipment

- frying pan
- oven

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Empty peaches into the bottom of one 9x13 inch pan. Cover with the dry cake mix and press down firmly.
- Cut butter into small pieces and place on top of cake mix.
- Sprinkle top with cinnamon.
- Bake at 375 degrees F (190 degrees C) for 45 minutes.

Nutrition Facts

 **PROTEIN 3.58%**  **FAT 30.92%**  **CARBS 65.5%**

Properties

Glycemic Index:6.35, Glycemic Load:2.1, Inflammation Score:-4, Nutrition Score:4.3708695302839%

Flavonoids

Cyanidin: 1.16mg, Cyanidin: 1.16mg, Cyanidin: 1.16mg, Cyanidin: 1.16mg Catechin: 2.98mg, Catechin: 2.98mg, Catechin: 2.98mg, Catechin: 2.98mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 206.75kcal (10.34%), Fat: 7.26g (11.17%), Saturated Fat: 4.46g (27.87%), Carbohydrates: 34.59g (11.53%), Net Carbohydrates: 33.23g (12.09%), Sugar: 20.01g (22.24%), Cholesterol: 16.27mg (5.42%), Sodium: 307.62mg (13.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.79%), Phosphorus: 122.09mg (12.21%), Calcium: 77.68mg (7.77%), Vitamin A: 386.45IU (7.73%), Folate: 27.31µg (6.83%), Vitamin B3: 1.29mg (6.45%), Vitamin B1: 0.09mg (6.31%), Vitamin E: 0.94mg (6.24%), Vitamin B2: 0.1mg (5.94%), Manganese: 0.11mg (5.72%), Fiber: 1.36g (5.43%), Iron: 0.93mg (5.17%), Copper: 0.07mg (3.61%), Selenium: 2.38µg (3.4%), Vitamin K: 3.37µg (3.2%), Vitamin C: 2.48mg (3.01%), Potassium: 92.1mg (2.63%), Vitamin B5: 0.23mg (2.27%), Magnesium: 8.48mg (2.12%), Vitamin B6: 0.04mg (2.1%), Zinc: 0.24mg (1.6%)