

Peach Cobbler I



Vegetarian



Popular

READY IN



70 min.

SERVINGS



15

CALORIES



159 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup butter melted
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup milk
- ☐ 4 cups peaches fresh pitted peeled sliced
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar white

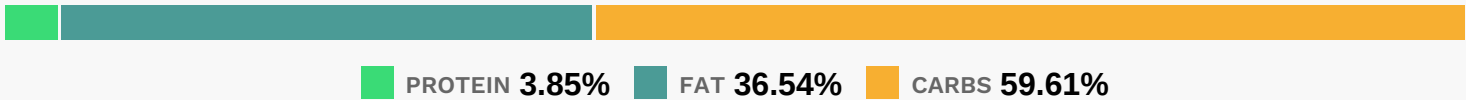
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Pour butter in to the bottom of a large casserole or 9 x 13 inch pan.
- ☐ In the prepared dish, toss together the peaches and 2 tablespoons sugar.
- ☐ In a mixing bowl, combine the 1 cup sugar, salt, baking powder, flour, cinnamon, and milk. Spoon batter over the peaches.
- ☐ Bake for 45 minutes in the preheated oven, or until top is golden brown.

Nutrition Facts



Properties

Glycemic Index:24.69, Glycemic Load:15.55, Inflammation Score:-3, Nutrition Score:2.9395651946897%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Catechin: 2.02mg, Catechin: 2.02mg, Catechin: 2.02mg, Catechin: 2.02mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 158.52kcal (7.93%), Fat: 6.63g (10.21%), Saturated Fat: 4.06g (25.39%), Carbohydrates: 24.35g (8.12%), Net Carbohydrates: 23.44g (8.52%), Sugar: 17.17g (19.08%), Cholesterol: 17.24mg (5.75%), Sodium: 124.42mg (5.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.14%), Vitamin A: 336.54IU (6.73%), Selenium: 4µg (5.72%), Vitamin B1: 0.08mg (5.35%), Manganese: 0.11mg (5.31%), Folate: 17.95µg (4.49%), Vitamin B3: 0.84mg (4.18%), Vitamin B2: 0.07mg (4.13%), Fiber: 0.91g (3.65%), Phosphorus: 33.99mg (3.4%), Vitamin E: 0.49mg (3.25%),

Iron: 0.58mg (3.2%), Calcium: 31.88mg (3.19%), Copper: 0.05mg (2.28%), Potassium: 73.94mg (2.11%), Vitamin C: 1.69mg (2.05%), Vitamin K: 1.85µg (1.76%), Magnesium: 6.4mg (1.6%), Vitamin B5: 0.14mg (1.38%), Zinc: 0.2mg (1.31%)