



Peach Cobbler II

READY IN



70 min.

SERVINGS



13

CALORIES



231 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 3 tablespoons butter
- 1.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1 cup milk
- 3 peaches fresh pitted peeled sliced
- 0.5 teaspoon salt
- 0.5 cup shortening
- 2 cups water boiling

1 cup sugar white

Equipment

bowl

frying pan

oven

baking pan

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 10x10-inch baking dish.

Stir together peaches with cinnamon and 1 1/2 cups sugar. Set aside.

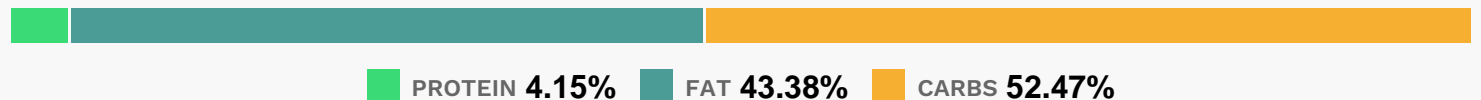
In a medium bowl, cream together shortening and 1 cup sugar.

Mix in flour, baking powder and salt alternately with milk.

Pour into prepared pan. Top with peach mixture. Drop butter in boiling water and pour all over peaches.

Bake in preheated oven 40 to 45 minutes, until golden brown.

Nutrition Facts



Properties

Glycemic Index:28.49, Glycemic Load:20.39, Inflammation Score:-3, Nutrition Score:4.3069565607154%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 231.1kcal (11.56%), Fat: 11.39g (17.53%), Saturated Fat: 4.01g (25.06%), Carbohydrates: 31g (10.33%), Net Carbohydrates: 30.01g (10.91%), Sugar: 19.21g (21.34%), Cholesterol: 9.2mg (3.07%), Sodium: 189.67mg (8.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.91%), Vitamin B1: 0.13mg (8.92%), Selenium: 6.1µg (8.72%), Manganese: 0.15mg (7.4%), Folate: 28.58µg (7.14%), Calcium: 66.49mg (6.65%), Vitamin B2: 0.11mg (6.59%), Vitamin B3: 1.15mg (5.77%), Phosphorus: 56.51mg (5.65%), Vitamin E: 0.83mg (5.55%), Vitamin K: 5.61µg (5.34%), Iron: 0.88mg (4.9%), Vitamin A: 224.44IU (4.49%), Fiber: 0.99g (3.97%), Copper: 0.06mg (2.78%), Potassium: 87.71mg (2.51%), Vitamin B5: 0.24mg (2.44%), Magnesium: 8.88mg (2.22%), Zinc: 0.27mg (1.79%), Vitamin B12: 0.11µg (1.78%), Vitamin C: 1.43mg (1.73%), Vitamin D: 0.21µg (1.38%), Vitamin B6: 0.03mg (1.34%)