

## Peach Cobbler III

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



210 kcal

DESSERT

### Ingredients

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

0.3 cup sugar white

## Equipment

bowl

oven

baking pan

glass baking pan

## Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly butter a 9x9 inch glass baking pan.

In a large bowl, cream the butter and 1/2 cup sugar.

In a separate bowl, mix flour, salt and baking powder.

Add to the creamed mixture alternately with the milk.

Spread mixture evenly into baking dish .

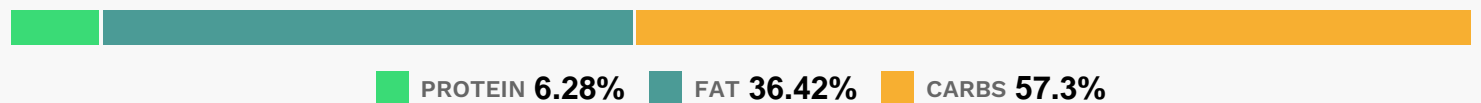
If using canned peaches, drain thoroughly, reserving the juice. Spoon fruit over batter.

Sprinkle with cinnamon and 1/4 cup sugar.

Pour fruit juice or water over the top.

Bake at 375 degrees F (190 degrees C) for 45 to 55 minutes. During baking the fruit and juice go to the bottom and the batter rises.

## Nutrition Facts



## Properties

Glycemic Index:61.72, Glycemic Load:19.8, Inflammation Score:-4, Nutrition Score:5.7921739246534%

## Flavonoids

Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg,

Epigallocatechin 3-gallate: 0.15mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg  
Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## **Nutrients (% of daily need)**

Calories: 210.41kcal (10.52%), Fat: 8.69g (13.37%), Saturated Fat: 5.28g (33.01%), Carbohydrates: 30.77g (10.26%),  
Net Carbohydrates: 29.39g (10.69%), Sugar: 13.67g (15.18%), Cholesterol: 22.78mg (7.59%), Sodium: 316.91mg  
(13.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.74%), Vitamin B1: 0.19mg (12.52%), Selenium:  
8.68µg (12.4%), Calcium: 113.56mg (11.36%), Folate: 41.49µg (10.37%), Manganese: 0.19mg (9.47%), Vitamin B2:  
0.15mg (8.92%), Vitamin A: 436.9IU (8.74%), Phosphorus: 85.87mg (8.59%), Vitamin B3: 1.67mg (8.35%), Iron: 1.3mg  
(7.23%), Fiber: 1.38g (5.52%), Vitamin E: 0.62mg (4.13%), Copper: 0.08mg (4.04%), Potassium: 118.5mg (3.39%),  
Magnesium: 12.32mg (3.08%), Vitamin B5: 0.26mg (2.56%), Vitamin C: 2.11mg (2.55%), Zinc: 0.36mg (2.43%),  
Vitamin K: 2.35µg (2.24%), Vitamin B12: 0.13µg (2.1%), Vitamin B6: 0.03mg (1.74%), Vitamin D: 0.22µg (1.49%)