

Peach Cobbler VI

READY IN



45 min.

SERVINGS



15

CALORIES



170 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 cup brown sugar
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup butter melted
- ☐ 0.8 cup milk
- ☐ 29 ounce peaches canned drained sliced
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

☐ 0.5 cup sugar white

Equipment

☐ bowl

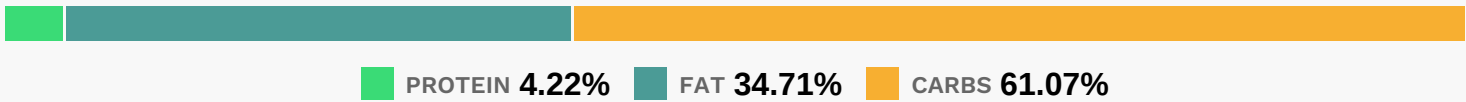
☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ In a large bowl, combine flour, sugars, baking powder, salt and vanilla.
- ☐ Pour milk into dry ingredients and then stir in melted margarine.
- ☐ Mix thoroughly.
- ☐ Pour mixture into a 9x13 inch baking pan. Arrange peaches on top and sprinkle with cinnamon.
- ☐ Bake in preheated oven for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:21.36, Glycemic Load:11.51, Inflammation Score:-4, Nutrition Score:3.6739130538443%

Flavonoids

Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 169.99kcal (8.5%), Fat: 6.73g (10.36%), Saturated Fat: 1.51g (9.46%), Carbohydrates: 26.66g (8.89%), Net Carbohydrates: 25.54g (9.29%), Sugar: 19.01g (21.12%), Cholesterol: 1.46mg (0.49%), Sodium: 219.49mg (9.54%), Alcohol: 0.09g (100%), Alcohol %: 0.12% (100%), Protein: 1.84g (3.68%), Vitamin A: 469.49IU (9.39%), Selenium: 4.34µg (6.2%), Manganese: 0.12mg (5.99%), Calcium: 59.62mg (5.96%), Vitamin B1: 0.09mg (5.75%), Vitamin B3:

0.96mg (4.8%), Phosphorus: 47.2mg (4.72%), Vitamin B2: 0.08mg (4.67%), Folate: 18.7µg (4.67%), Fiber: 1.12g (4.48%), Vitamin E: 0.65mg (4.33%), Iron: 0.7mg (3.88%), Potassium: 108.24mg (3.09%), Copper: 0.06mg (2.98%), Vitamin C: 2.27mg (2.75%), Magnesium: 8.83mg (2.21%), Vitamin B5: 0.18mg (1.82%), Vitamin K: 1.75µg (1.66%), Zinc: 0.24mg (1.6%), Vitamin B6: 0.03mg (1.44%), Vitamin B12: 0.07µg (1.22%)