



Peach Cobbler with a Cinnamon Crust

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



332 kcal

DESSERT

Ingredients

- ☐ 1 large egg whites lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 0.8 teaspoon ground cinnamon divided
- ☐ 32 ounce peaches fresh frozen ripe peeled sliced
- ☐ 15 ounce pie crust dough refrigerated (such as Pillsbury)
- ☐ 1 cup sugar
- ☐ 2 tablespoons sugar

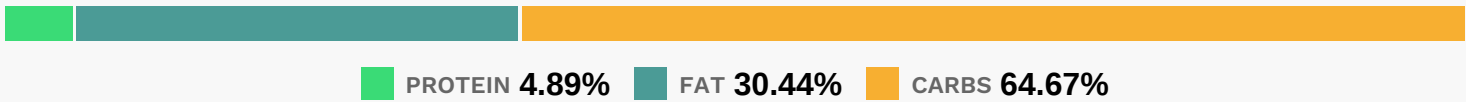
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine the flour, 1 cup sugar, and 1/2 teaspoon cinnamon in a small bowl.
- ☐ Place the peaches in an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Sprinkle with sugar mixture; let stand 30 minutes.
- ☐ Combine 1/4 teaspoon cinnamon and 2 tablespoons sugar in a small bowl. Unfold 1 pie dough, reserving remaining dough for another use.
- ☐ Brush with egg white; sprinkle with cinnamon and sugar mixture.
- ☐ Cut the dough into 16 wedges.
- ☐ Place the dough wedges, coated sides up, on a baking sheet coated with cooking spray.
- ☐ Bake at 350 for 15 minutes or until golden brown; set aside.
- ☐ Bake peaches at 350 for 30 minutes or until bubbly. Arrange crust over peaches.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:26.04, Glycemic Load:20.51, Inflammation Score:-4, Nutrition Score:5.783043557697%

Flavonoids

Cyanidin: 1.74mg, Cyanidin: 1.74mg, Cyanidin: 1.74mg, Cyanidin: 1.74mg Catechin: 4.46mg, Catechin: 4.46mg, Catechin: 4.46mg, Catechin: 4.46mg Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 332.14kcal (16.61%), Fat: 11.44g (17.6%), Saturated Fat: 3.49g (21.83%), Carbohydrates: 54.68g (18.23%), Net Carbohydrates: 52.09g (18.94%), Sugar: 30g (33.34%), Cholesterol: 0mg (0%), Sodium: 191.5mg (8.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.27%), Manganese: 0.29mg (14.6%), Vitamin B1: 0.16mg (10.89%), Vitamin B3: 2.07mg (10.35%), Fiber: 2.59g (10.35%), Folate: 41.07µg (10.27%), Selenium: 6.19µg (8.84%), Iron: 1.59mg (8.81%), Vitamin B2: 0.13mg (7.92%), Vitamin A: 296.61IU (5.93%), Vitamin E: 0.86mg (5.75%), Vitamin K: 5.88µg (5.6%), Copper: 0.11mg (5.5%), Phosphorus: 54.54mg (5.45%), Potassium: 161.74mg (4.62%), Vitamin C: 3.73mg (4.52%), Magnesium: 14.78mg (3.69%), Vitamin B5: 0.33mg (3.32%), Zinc: 0.43mg (2.85%), Vitamin B6: 0.05mg (2.29%), Calcium: 14.14mg (1.41%)