

Peach Kuchen

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



229 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 eggs
- 1 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 cup butter
- 29 ounce peaches drained sliced canned
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract

3 tablespoons sugar white

Equipment

bowl

oven

springform pan

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9 inch springform pan. Sift together the flour, baking powder and salt. Set aside.

In a large bowl, cream together the butter and sugar until light and fluffy. Beat in the egg, then stir in the vanilla. Beat in the flour mixture.

Spread dough with hands over the bottom and 1 inch up the sides of prepared springform pan. Arrange peach slices in a spoke pattern over the dough.

Sprinkle with sugar and cinnamon.

Bake in the preheated oven for 35 to 40 minutes, or until golden brown.

Nutrition Facts



PROTEIN 5.77% **FAT 47.62%** **CARBS 46.61%**

Properties

Glycemic Index:35.29, Glycemic Load:15.39, Inflammation Score:-6, Nutrition Score:6.173043406528%

Flavonoids

Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg Catechin: 5.06mg, Catechin: 5.06mg, Catechin: 5.06mg, Catechin: 5.06mg Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 229.43kcal (11.47%), Fat: 12.39g (19.07%), Saturated Fat: 2.59g (16.16%), Carbohydrates: 27.29g (9.1%), Net Carbohydrates: 25.19g (9.16%), Sugar: 13.24g (14.72%), Cholesterol: 20.46mg (6.82%), Sodium: 254.56mg (11.07%),

Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 3.38g (6.76%), Vitamin A: 872.94IU (17.46%), Selenium: 9.18µg (13.11%), Manganese: 0.22mg (10.8%), Vitamin B1: 0.15mg (10.07%), Folate: 37.5µg (9.38%), Vitamin B3: 1.76mg (8.82%), Vitamin E: 1.26mg (8.42%), Fiber: 2.1g (8.39%), Vitamin B2: 0.14mg (8.29%), Iron: 1.22mg (6.79%), Phosphorus: 59.3mg (5.93%), Copper: 0.11mg (5.41%), Vitamin C: 4.25mg (5.15%), Potassium: 157.62mg (4.5%), Magnesium: 13.02mg (3.26%), Vitamin B5: 0.32mg (3.23%), Calcium: 31.13mg (3.11%), Vitamin K: 3.22µg (3.07%), Zinc: 0.42mg (2.82%), Vitamin B6: 0.04mg (2.19%), Vitamin B12: 0.06µg (1.05%)