



Peach Kuchen

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



321 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 egg yolk
- ☐ 2 eggs
- ☐ 1.5 cups flour sifted
- ☐ 3 tablespoons heavy cream
- ☐ 3 tablespoons milk
- ☐ 1 lb peaches frozen thawed sliced

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.7 cup sugar
- ☐ 6 tablespoons butter unsalted melted
- ☐ 1.5 teaspoons vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ spatula
- ☐ springform pan

Directions

- ☐ Make batter: Preheat oven to 400F. Grease a 9-inch springform pan. In a bowl, whisk together sugar, baking powder and salt.
- ☐ Add eggs, milk and vanilla and whisk until blended.
- ☐ Add flour and melted butter and stir with a rubber spatula just until smooth. Scrape batter into prepared pan, spreading evenly.
- ☐ Drain peach slices and pat dry. Arrange peaches in an even layer on top of batter. In a cup, stir together sugar and cinnamon; sprinkle mixture onto peaches.
- ☐ Bake cake until springy to touch, about 30 minutes. Meanwhile, beat egg yolk and cream with a fork.
- ☐ Drizzle mixture onto cake and bake until center is cooked through, 10 minutes longer.
- ☐ Let cake cool for 10 minutes on a rack.
- ☐ Remove springform.
- ☐ Serve warm.

Nutrition Facts



 **PROTEIN 6.27%**  **FAT 35.36%**  **CARBS 58.37%**

Properties

Glycemic Index:48.8, Glycemic Load:31.38, Inflammation Score:-5, Nutrition Score:7.6278260998104%

Flavonoids

Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 321.38kcal (16.07%), Fat: 12.83g (19.73%), Saturated Fat: 7.4g (46.24%), Carbohydrates: 47.64g (15.88%), Net Carbohydrates: 46.08g (16.76%), Sugar: 28.28g (31.43%), Cholesterol: 94.83mg (31.61%), Sodium: 261.33mg (11.36%), Alcohol: 0.26g (100%), Alcohol %: 0.23% (100%), Protein: 5.12g (10.24%), Selenium: 14.3µg (20.43%), Vitamin B1: 0.21mg (14.06%), Folate: 55.3µg (13.82%), Vitamin B2: 0.22mg (13.09%), Vitamin A: 631.25IU (12.62%), Calcium: 117.75mg (11.77%), Phosphorus: 112.79mg (11.28%), Manganese: 0.22mg (11.21%), Iron: 1.73mg (9.61%), Vitamin B3: 1.87mg (9.34%), Fiber: 1.55g (6.21%), Vitamin E: 0.9mg (6.02%), Vitamin B5: 0.47mg (4.73%), Copper: 0.09mg (4.64%), Vitamin D: 0.65µg (4.34%), Potassium: 130.61mg (3.73%), Zinc: 0.54mg (3.6%), Vitamin B12: 0.2µg (3.32%), Magnesium: 12.98mg (3.24%), Vitamin C: 2.36mg (2.86%), Vitamin B6: 0.06mg (2.86%), Vitamin K: 2.79µg (2.66%)