



Peach-Nectarine Cornmeal Cobbler

READY IN



45 min.

SERVINGS



9

CALORIES



199 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 1.5 teaspoons cornstarch
- 0.3 cup milk fat-free
- 0.8 cup flour all-purpose
- 0.5 teaspoon ground cinnamon
- 2 tablespoons juice of lemon
- 3 tablespoons butter chilled cut into small pieces
- 1.5 pounds nectarines sliced
- 1.5 pounds peaches peeled sliced

- 0.3 teaspoon salt
- 0.3 cup sugar
- 1 tablespoon sugar
- 1.5 tablespoons sugar
- 0.3 cup cornmeal yellow

Equipment

- bowl
- oven
- knife
- blender
- baking pan
- measuring cup

Directions

- Preheat oven to 37
- Combine first 5 ingredients in a large bowl; stir gently. Spoon into a 9-inch square baking pan.
- Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour and next 5 ingredients (flour through salt) in a medium bowl; cut in margarine with a pastry blender or 2 knives until mixture resembles coarse meal.
- Add milk, stirring just until moist. Drop dough onto fruit mixture to form 9 mounds; sprinkle with 1 tablespoon sugar.
- Bake at 375 for 40 minutes or until topping is golden brown.

Nutrition Facts



Properties

Glycemic Index:63.03, Glycemic Load:20.6, Inflammation Score:-6, Nutrition Score:6.6456521023875%

Flavonoids

Cyanidin: 3.06mg, Cyanidin: 3.06mg, Cyanidin: 3.06mg, Cyanidin: 3.06mg Catechin: 5.97mg, Catechin: 5.97mg, Catechin: 5.97mg, Catechin: 5.97mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 3.69mg, Epicatechin: 3.69mg, Epicatechin: 3.69mg, Epicatechin: 3.69mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 198.62kcal (9.93%), Fat: 4.8g (7.38%), Saturated Fat: 0.91g (5.66%), Carbohydrates: 37.74g (12.58%), Net Carbohydrates: 34.7g (12.62%), Sugar: 23.67g (26.3%), Cholesterol: 0.27mg (0.09%), Sodium: 205.69mg (8.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.75%), Vitamin A: 692.79IU (13.86%), Fiber: 3.04g (12.15%), Vitamin B3: 2.2mg (10.98%), Manganese: 0.21mg (10.36%), Vitamin B1: 0.15mg (9.68%), Phosphorus: 83.31mg (8.33%), Selenium: 5.65µg (8.07%), Vitamin C: 6.6mg (8%), Vitamin E: 1.2mg (7.97%), Folate: 30.54µg (7.64%), Copper: 0.15mg (7.44%), Vitamin B2: 0.12mg (6.81%), Potassium: 238.14mg (6.8%), Iron: 1.19mg (6.62%), Calcium: 60.46mg (6.05%), Magnesium: 21.56mg (5.39%), Zinc: 0.59mg (3.92%), Vitamin B6: 0.08mg (3.79%), Vitamin B5: 0.37mg (3.69%), Vitamin K: 3.85µg (3.67%)