

Peach Pandowdy

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



246 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 tablespoon cornstarch
- 1 cup flour all-purpose
- 0.5 cup heavy cream
- 1 tablespoon juice of lemon
- 6 cups thickly peaches sliced
- 0.3 teaspoon salt
- 1 tablespoon butter unsalted

2 tablespoons sugar white

Equipment

bowl

oven

baking pan

casserole dish

pastry cutter

Directions

Preheat the oven to 375 degrees F (190 degrees C).

Place the peaches in a medium bowl.

Sprinkle lemon juice over them.

Mix together 1/2 cup of sugar and cornstarch.

Sprinkle over the peaches, and stir to coat. Spoon into a 2 to 2 1/2 quart casserole dish.

In a medium bowl, stir together the flour, 2 tablespoons of sugar, baking powder and salt.

Cut in butter with a fork or pastry cutter until it is in fine crumbs. Make a well in the center, and pour in the cream. Stir with a fork until the dough pulls away from the sides of the bowl.

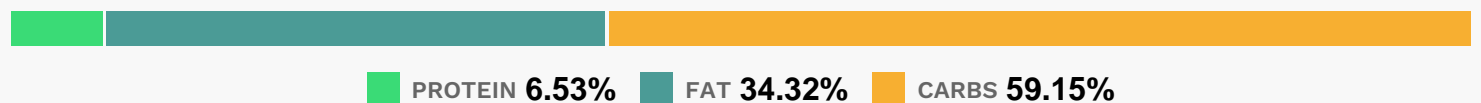
Roll out dough on a floured surface until it is just big enough to cover the baking dish.

Cut a 2 inch cross in the center.

Place over the peaches, and tuck in the dough around the sides. Turn back the corners of the cross to reveal the filling.

Bake for 40 to 45 minutes in the preheated oven, until filling is bubbly, and top is golden brown.

Nutrition Facts



Properties

Glycemic Index:46.22, Glycemic Load:19.79, Inflammation Score:-6, Nutrition Score:8.0326087112012%

Flavonoids

Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg Catechin: 7.58mg, Catechin: 7.58mg, Catechin: 7.58mg, Catechin: 7.58mg Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg Epicatechin: 3.6mg, Epicatechin: 3.6mg, Epicatechin: 3.6mg, Epicatechin: 3.6mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 246.06kcal (12.3%), Fat: 9.69g (14.91%), Saturated Fat: 5.82g (36.39%), Carbohydrates: 37.57g (12.52%), Net Carbohydrates: 34.68g (12.61%), Sugar: 17.61g (19.57%), Cholesterol: 27.43mg (9.14%), Sodium: 193.79mg (8.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.3%), Vitamin A: 852.05IU (17.04%), Selenium: 10.98µg (15.69%), Vitamin B1: 0.21mg (13.68%), Vitamin B3: 2.49mg (12.44%), Folate: 48.73µg (12.18%), Manganese: 0.24mg (11.89%), Fiber: 2.89g (11.57%), Vitamin B2: 0.19mg (11.17%), Vitamin E: 1.38mg (9.18%), Vitamin C: 7.4mg (8.97%), Iron: 1.6mg (8.86%), Phosphorus: 83.42mg (8.34%), Copper: 0.15mg (7.71%), Potassium: 232.42mg (6.64%), Calcium: 62.38mg (6.24%), Vitamin K: 5.48µg (5.22%), Magnesium: 18.71mg (4.68%), Vitamin B5: 0.38mg (3.83%), Zinc: 0.55mg (3.68%), Vitamin B6: 0.06mg (2.79%), Vitamin D: 0.35µg (2.35%)