



Peach-Pecan Cobbler

 Dairy Free

READY IN



95 min.

SERVINGS



15

CALORIES



279 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 45 oz peaches light drained sliced canned
- ☐ 1 box cake mix yellow
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon nutmeg
- ☐ 2 eggs
- ☐ 1 cup pecans chopped
- ☐ 1 tablespoon sugar

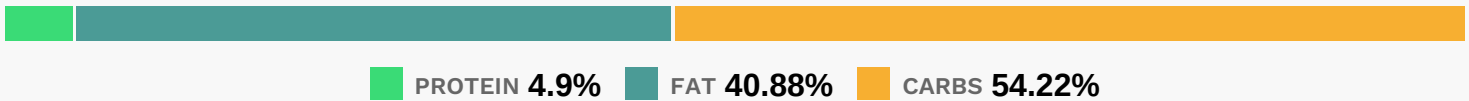
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). In 13x9-inch pan, melt butter in oven.
- ☐ Place peach slices on paper towels to absorb liquid.
- ☐ In large bowl, mix cake mix, cinnamon, nutmeg, eggs and 3/4 cup reserved peach syrup with spoon until well blended. Drop batter by spoonfuls over butter in pan; spread slightly without stirring. Arrange peach slices over batter.
- ☐ Bake 25 minutes.
- ☐ Sprinkle evenly with pecans and sugar.
- ☐ Bake 13 to 18 minutes longer or until edges are deep golden brown and center springs back when touched lightly in center. Cool 30 minutes.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:13.02, Glycemic Load:3.54, Inflammation Score:-5, Nutrition Score:7.3639131058817%

Flavonoids

Cyanidin: 2.41mg, Cyanidin: 2.41mg, Cyanidin: 2.41mg, Cyanidin: 2.41mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 4.71mg, Catechin: 4.71mg, Catechin: 4.71mg, Catechin: 4.71mg Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 279.06kcal (13.95%), Fat: 13.08g (20.12%), Saturated Fat: 2.48g (15.47%), Carbohydrates: 39.03g (13.01%), Net Carbohydrates: 36.57g (13.3%), Sugar: 23.17g (25.75%), Cholesterol: 21.82mg (7.27%), Sodium: 341.68mg (14.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.06%), Manganese: 0.47mg (23.51%), Phosphorus: 159.16mg (15.92%), Vitamin A: 584.08IU (11.68%), Vitamin B1: 0.15mg (10.08%), Fiber: 2.46g (9.84%), Copper: 0.18mg (9.16%), Vitamin E: 1.34mg (8.93%), Calcium: 88.14mg (8.81%), Vitamin B2: 0.15mg (8.54%), Folate: 32.99µg (8.25%), Vitamin B3: 1.58mg (7.88%), Iron: 1.3mg (7.25%), Selenium: 4.91µg (7.01%), Magnesium: 20.08mg (5.02%), Zinc: 0.7mg (4.64%), Potassium: 161.67mg (4.62%), Vitamin C: 3.59mg (4.35%), Vitamin B5: 0.42mg (4.15%), Vitamin B6: 0.07mg (3.7%), Vitamin K: 3.86µg (3.68%), Vitamin B12: 0.09µg (1.57%)