



Peach-Plum Cobbler With Buttermilk Biscuits

 Vegetarian

READY IN



80 min.

SERVINGS



6

CALORIES



576 kcal

DESSERT

Ingredients

- ☐ 1.5 tablespoons double-acting baking powder
- ☐ 0.7 cup buttermilk plus more for brushing
- ☐ 0.3 cup flour all-purpose
- ☐ 1.7 cups flour for dusting all-purpose plus more
- ☐ 1 teaspoon ginger grated peeled
- ☐ 0.3 cup granulated sugar
- ☐ 1 tablespoon honey
- ☐ 0.1 teaspoon kosher salt

- ☐ 1 pinch kosher salt
- ☐ 0.7 cup brown sugar light packed
- ☐ 2 pounds nectarines pitted peeled thinly sliced
- ☐ 1 pound plums pitted peeled thinly sliced
- ☐ 6 servings coarse sugar for sprinkling
- ☐ 6 servings butter unsalted for the baking dish
- ☐ 6 tablespoons butter unsalted cold cut into small pieces

Equipment

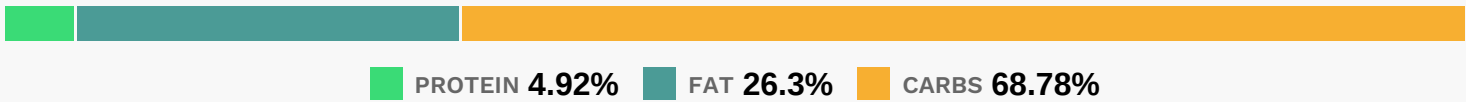
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ cookie cutter

Directions

- ☐ Preheat the oven to 350 degrees F. Butter a shallow 2 1/2-quart baking dish.
- ☐ Prepare the filling: Toss the peaches and plums in a medium bowl with the brown sugar, honey, ginger and salt.
- ☐ Sprinkle in the flour and toss to coat.
- ☐ Pour into the prepared baking dish.
- ☐ Whisk the flour, granulated sugar, baking powder and salt in a medium bowl.
- ☐ Cut in the butter with your fingers or a pastry blender until the mixture looks like coarse meal with pea-size bits of butter.
- ☐ Add the buttermilk and stir with a fork until a shaggy dough forms. Turn the dough out onto a lightly floured surface and knead a few times to bring it together. Pat into an even 1/4-inch thickness.
- ☐ Cut out the biscuits with a 2-inch-round cookie cutter, rerolling the scraps as needed.
- ☐ Arrange the biscuits on top of the filling.

- ☐ Brush with buttermilk and sprinkle with coarse sugar.
- ☐ Bake until the biscuits are golden and the filling is bubbling, about 50 minutes.
- ☐ Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:93.69, Glycemic Load:46.83, Inflammation Score:-8, Nutrition Score:14.199130369269%

Flavonoids

Cyanidin: 7.48mg, Cyanidin: 7.48mg, Cyanidin: 7.48mg, Cyanidin: 7.48mg Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg Catechin: 6.69mg, Catechin: 6.69mg, Catechin: 6.69mg, Catechin: 6.69mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 6.26mg, Epicatechin: 6.26mg, Epicatechin: 6.26mg, Epicatechin: 6.26mg Epicatechin 3-gallate: 0.57mg, Epicatechin 3-gallate: 0.57mg, Epicatechin 3-gallate: 0.57mg, Epicatechin 3-gallate: 0.57mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 575.52kcal (28.78%), Fat: 17.39g (26.75%), Saturated Fat: 10.34g (64.64%), Carbohydrates: 102.29g (34.1%), Net Carbohydrates: 97.86g (35.59%), Sugar: 67.73g (75.26%), Cholesterol: 43.78mg (14.59%), Sodium: 430.68mg (18.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.32g (14.64%), Vitamin B1: 0.4mg (26.64%), Vitamin A: 1281.6IU (25.63%), Calcium: 245.85mg (24.58%), Vitamin B3: 4.43mg (22.16%), Folate: 88.18µg (22.04%), Selenium: 15.16µg (21.66%), Manganese: 0.42mg (20.78%), Phosphorus: 188.72mg (18.87%), Vitamin B2: 0.32mg (18.55%), Fiber: 4.42g (17.7%), Iron: 2.98mg (16.55%), Vitamin C: 11.6mg (14.06%), Copper: 0.25mg (12.48%), Potassium: 436.78mg (12.48%), Vitamin E: 1.6mg (10.69%), Vitamin K: 9.39µg (8.95%), Magnesium: 33.96mg (8.49%), Vitamin B5: 0.71mg (7.14%), Zinc: 0.81mg (5.4%), Vitamin B6: 0.1mg (4.94%), Vitamin D: 0.63µg (4.21%), Vitamin B12: 0.16µg (2.58%)