

Peach Raspberry Cobbler

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



217 kcal

DESSERT

Ingredients

- 2 tablespoons double-acting baking powder
- 0.5 cup butter
- 1.3 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1 tablespoon juice of lemon fresh
- 1 cup milk
- 4 cups peaches fresh sliced
- 0.5 cup raspberries fresh

- 0.5 teaspoon salt
- 1 cup sugar

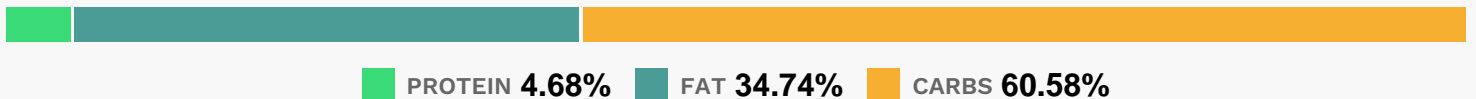
Equipment

- bowl
- oven
- baking pan
- glass baking pan

Directions

- In a bowl, mix the peaches, raspberries, 1/4 cup sugar, cinnamon, and lemon juice. Allow to sit while proceeding with remaining steps.
- Preheat oven to 350 degrees F (175 degrees C). Melt the butter in a 9x13 inch glass baking dish in the preheating oven, and evenly coat dish.
- Remove from heat.
- In a bowl, mix the flour, baking powder, salt, and 1 cup sugar.
- Mix in milk just until dry ingredients are evenly moist.
- Pour evenly into the buttered baking dish. Scoop peach and raspberry mixture over the batter.
- Bake 45 minutes in the preheated oven, until golden brown.

Nutrition Facts



Properties

Glycemic Index:33.03, Glycemic Load:21.54, Inflammation Score:-4, Nutrition Score:5.3630434430164%

Flavonoids

Cyanidin: 3.27mg, Cyanidin: 3.27mg, Cyanidin: 3.27mg, Cyanidin: 3.27mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg,

Peonidin: 0.01mg Catechin: 2.59mg, Catechin: 2.59mg, Catechin: 2.59mg, Catechin: 2.59mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 1.38mg, Epicatechin: 1.38mg, Epicatechin: 1.38mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 217.49kcal (10.87%), Fat: 8.68g (13.35%), Saturated Fat: 5.27g (32.95%), Carbohydrates: 34.05g (11.35%), Net Carbohydrates: 32.5g (11.82%), Sugar: 22.22g (24.68%), Cholesterol: 22.78mg (7.59%), Sodium: 384.62mg (16.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.26%), Calcium: 152.03mg (15.2%), Phosphorus: 93.64mg (9.36%), Manganese: 0.18mg (9.24%), Vitamin A: 438.87IU (8.78%), Selenium: 6.09µg (8.71%), Vitamin B1: 0.13mg (8.56%), Folate: 28.5µg (7.13%), Vitamin B2: 0.12mg (6.87%), Vitamin B3: 1.24mg (6.21%), Fiber: 1.54g (6.17%), Iron: 1.06mg (5.89%), Vitamin C: 3.9mg (4.73%), Vitamin E: 0.66mg (4.41%), Potassium: 119.64mg (3.42%), Copper: 0.07mg (3.28%), Magnesium: 11.42mg (2.85%), Vitamin K: 2.74µg (2.61%), Vitamin B5: 0.24mg (2.41%), Zinc: 0.33mg (2.19%), Vitamin B12: 0.13µg (2.1%), Vitamin B6: 0.03mg (1.74%), Vitamin D: 0.22µg (1.49%)