



WHATSheATE



Peach Snickerdoodle Cobbler

READY IN



90 min.

SERVINGS



4

CALORIES



918 kcal

DESSERT

Ingredients

- ☐ 1.5 cup flour
- ☐ 0.5 teaspoon baking soda
- ☐ 1 tablespoon bourbon
- ☐ 0.3 teaspoon cream of tartar
- ☐ 0.5 cup t brown sugar dark
- ☐ 1 eggs
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 teaspoon ground ginger
- ☐ 8 peaches ripe

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar raw (turbinado)
- ☐ 0.5 cup sugar
- ☐ 0.5 cup butter unsalted room temperature
- ☐ 0.5 teaspoon vanilla extract
- ☐ 4 servings whipped cream for serving

Equipment

- ☐ oven
- ☐ ramekin
- ☐ hand mixer
- ☐ stand mixer

Directions

- ☐ For the Cookie Dough: In a stand mixer or with a handheld electric mixer, cream together the butter and sugars. Beat in the egg and vanilla, then combine all the rest of the ingredients before beating into the dough at a low speed, finishing by hand to avoid overworking the dough. Wrap in plastic and refrigerate for at least 30 minutes.
- ☐ For the Peaches: Peel peaches and cut into quarters, then cut each quarter in two or three slices depending on size. Toss to coat thoroughly with brown sugar, ginger and bourbon. Set aside and allow to macerate for at least 30 minutes.
- ☐ Bake: Set a rack in center of oven. Preheat oven to 350°F. Evenly divide peaches among four ramekins, adding macerating liquid equally to each one.
- ☐ Roll four equal lumps of cookie dough into balls slightly larger than golf ball sized.
- ☐ Roll to coat thoroughly in cinnamon-sugar mix, flatten slightly and place each in center of a cobbler.
- ☐ Bake for 20–30 minutes, until cookie is baked through but still very soft and peaches release juice that bubbles around the edges. Allow to cool slightly before serving, topped with ice cream

Nutrition Facts



Properties

Glycemic Index:66.59, Glycemic Load:62.95, Inflammation Score:-9, Nutrition Score:20.450434435969%

Flavonoids

Cyanidin: 5.76mg, Cyanidin: 5.76mg, Cyanidin: 5.76mg, Cyanidin: 5.76mg Catechin: 14.76mg, Catechin: 14.76mg, Catechin: 14.76mg, Catechin: 14.76mg Epigallocatechin: 3.12mg, Epigallocatechin: 3.12mg, Epigallocatechin: 3.12mg, Epigallocatechin: 3.12mg Epicatechin: 7.02mg, Epicatechin: 7.02mg, Epicatechin: 7.02mg, Epicatechin: 7.02mg Epigallocatechin 3–gallate: 0.9mg, Epigallocatechin 3–gallate: 0.9mg, Epigallocatechin 3–gallate: 0.9mg, Epigallocatechin 3–gallate: 0.9mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 917.78kcal (45.89%), Fat: 32.7g (50.31%), Saturated Fat: 19.55g (122.17%), Carbohydrates: 147.44g (49.15%), Net Carbohydrates: 140.61g (51.13%), Sugar: 103.47g (114.97%), Cholesterol: 130.97mg (43.66%), Sodium: 402.36mg (17.49%), Alcohol: 1.42g (100%), Alcohol %: 0.34% (100%), Protein: 11.63g (23.25%), Manganese: 0.88mg (44.01%), Vitamin A: 2027.45IU (40.55%), Selenium: 27.83µg (39.76%), Vitamin B2: 0.55mg (32.32%), Vitamin B1: 0.47mg (31.57%), Folate: 113.5µg (28.38%), Fiber: 6.83g (27.32%), Vitamin B3: 5.38mg (26.88%), Phosphorus: 217.41mg (21.74%), Iron: 3.9mg (21.66%), Vitamin E: 3.21mg (21.42%), Potassium: 652.88mg (18.65%), Copper: 0.35mg (17.62%), Vitamin C: 12.74mg (15.44%), Calcium: 151.81mg (15.18%), Vitamin B5: 1.29mg (12.9%), Magnesium: 49.9mg (12.48%), Zinc: 1.7mg (11.3%), Vitamin K: 11.67µg (11.12%), Vitamin B6: 0.16mg (8.15%), Vitamin B12: 0.4µg (6.73%), Vitamin D: 0.78µg (5.18%)