



WHATShEATE



Peach-Strawberry Cobbler with Buttery Lemon Crust

READY IN



45 min.

SERVINGS



6

CALORIES



452 kcal

DESSERT

Ingredients

- ☐ 0.5 cup flour
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 tablespoon cornstarch
- ☐ 1 large egg yolk
- ☐ 1 teaspoon lemon zest grated
- ☐ 1.3 pounds peaches 1-inch-thick firm pitted ripe peeled cut into wedges (5)
- ☐ 1 pinch salt
- ☐ 3 cups strawberries hulled

- ☐ 0.5 cup sugar
- ☐ 0.5 cup butter unsalted room temperature
- ☐ 0.5 teaspoon vanilla extract
- ☐ 6 servings whipped cream

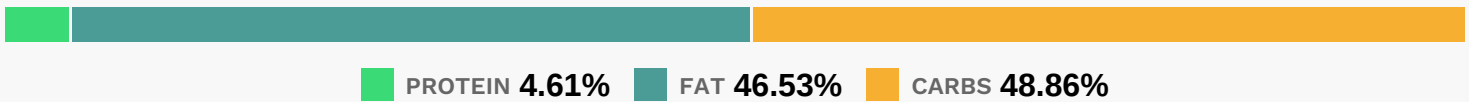
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 375°F.
- ☐ Butter 8-inch square baking dish.
- ☐ Mix all ingredients in large bowl.
- ☐ Let stand until sugar dissolves, stirring occasionally, about 5 minutes.
- ☐ Transfer to prepared dish.
- ☐ Mix flour, baking powder and salt in small bowl. Using electric mixer, beat butter and sugar in large bowl until smooth. Beat in egg yolk, lemon peel and vanilla.
- ☐ Add flour mixture; mix just until moist dough forms. Spoon dough atop fruit, spacing evenly.
- ☐ Bake until juices bubble thickly and topping is golden, about 55 minutes. Cool slightly and serve with ice cream.

Nutrition Facts



Properties

Glycemic Index:63.06, Glycemic Load:31.55, Inflammation Score:-7, Nutrition Score:12.121304283971%

Flavonoids

Cyanidin: 3.02mg, Cyanidin: 3.02mg, Cyanidin: 3.02mg, Cyanidin: 3.02mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 6.89mg, Catechin: 6.89mg, Catechin: 6.89mg, Catechin: 6.89mg Epigallocatechin: 1.54mg, Epigallocatechin: 1.54mg, Epigallocatechin: 1.54mg, Epigallocatechin: 1.54mg Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg Epigallocatechin 3–gallate: 0.36mg, Epigallocatechin 3–gallate: 0.36mg, Epigallocatechin 3–gallate: 0.36mg, Epigallocatechin 3–gallate: 0.36mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 452.47kcal (22.62%), Fat: 23.98g (36.9%), Saturated Fat: 14.51g (90.71%), Carbohydrates: 56.67g (18.89%), Net Carbohydrates: 53.02g (19.28%), Sugar: 42.19g (46.87%), Cholesterol: 100.31mg (33.44%), Sodium: 93.92mg (4.08%), Alcohol: 0.11g (100%), Alcohol %: 0.05% (100%), Protein: 5.35g (10.7%), Vitamin C: 47.04mg (57.01%), Vitamin A: 1108.32IU (22.17%), Manganese: 0.42mg (20.82%), Vitamin B2: 0.28mg (16.48%), Fiber: 3.65g (14.59%), Phosphorus: 138.09mg (13.81%), Selenium: 8.91µg (12.73%), Folate: 50.06µg (12.51%), Calcium: 120.01mg (12%), Potassium: 377mg (10.77%), Vitamin E: 1.62mg (10.77%), Vitamin B1: 0.16mg (10.33%), Vitamin B3: 1.74mg (8.71%), Vitamin B5: 0.77mg (7.7%), Copper: 0.15mg (7.3%), Magnesium: 29.15mg (7.29%), Iron: 1.28mg (7.09%), Zinc: 0.93mg (6.22%), Vitamin B12: 0.34µg (5.75%), Vitamin K: 5.99µg (5.71%), Vitamin B6: 0.1mg (5.24%), Vitamin D: 0.57µg (3.79%)