

Peach Whirligigs

READY IN



45 min.

SERVINGS



6

CALORIES



260 kcal

SIDE DISH

Ingredients

- 1.3 cups buttermilk baking mix
- 2 tablespoons cornstarch
- 1 teaspoon ground cinnamon
- 2 tablespoons butter softened
- 0.3 cup milk
- 5 large peaches fresh pitted peeled sliced
- 2 cups water
- 0.3 cup sugar white

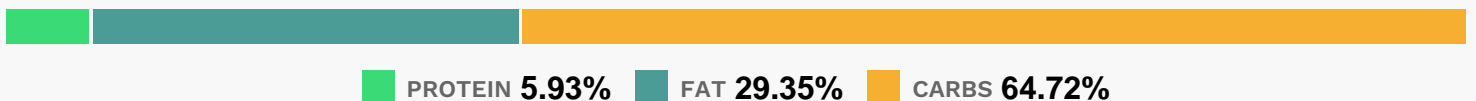
Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 425 degrees F (220 degrees C).
- In large saucepan over medium heat, combine peaches, water, 1 1/2 cups sugar and cornstarch. Cook, stirring constantly, until mixture boils. Boil for one minute, then reduce heat to low to keep warm.
- In a large bowl, stir together baking mix, 2 tablespoons sugar, melted margarine and milk to form a soft dough.
- Remove to floured surface and knead 8 to 10 times.
- Roll out into a 9 inch square.
- Spread softened margarine over dough.
- Combine 1/4 cup sugar with cinnamon, and sprinkle mixture over dough.
- Roll dough into a log shape and cut into 6 - 1 1/2 inch slices.
- Pour hot peach mixture into an 8x8 inch baking dish.
- Place roll slices, cut side up, on top of peach mixture.
- Bake in preheated oven 20 to 25 minutes, until puffed and golden.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:25.56, Glycemic Load:11.11, Inflammation Score:-6, Nutrition Score:8.0613043619239%

Flavonoids

Cyanidin: 2.8mg, Cyanidin: 2.8mg, Cyanidin: 2.8mg, Cyanidin: 2.8mg Catechin: 7.18mg, Catechin: 7.18mg, Catechin: 7.18mg, Catechin: 7.18mg Epigallocatechin: 1.52mg, Epigallocatechin: 1.52mg, Epigallocatechin: 1.52mg, Epigallocatechin: 1.52mg Epicatechin: 3.41mg, Epicatechin: 3.41mg, Epicatechin: 3.41mg, Epicatechin: 3.41mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 260.14kcal (13.01%), Fat: 8.72g (13.42%), Saturated Fat: 2.12g (13.24%), Carbohydrates: 43.29g (14.43%), Net Carbohydrates: 40.34g (14.67%), Sugar: 24.32g (27.02%), Cholesterol: 2.16mg (0.72%), Sodium: 412.68mg (17.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.93%), Phosphorus: 203.41mg (20.34%), Vitamin A: 666.35IU (13.33%), Vitamin B1: 0.2mg (13.1%), Vitamin B3: 2.41mg (12.03%), Manganese: 0.24mg (12.01%), Fiber: 2.95g (11.79%), Vitamin B2: 0.18mg (10.82%), Folate: 42.15µg (10.54%), Copper: 0.17mg (8.53%), Vitamin E: 1.26mg (8.39%), Selenium: 5.46µg (7.79%), Calcium: 77.48mg (7.75%), Vitamin C: 6.08mg (7.37%), Iron: 1.28mg (7.11%), Potassium: 245.36mg (7.01%), Vitamin K: 6.25µg (5.96%), Magnesium: 21.17mg (5.29%), Vitamin B5: 0.51mg (5.15%), Zinc: 0.57mg (3.78%), Vitamin B6: 0.07mg (3.3%), Vitamin B12: 0.18µg (3.03%)