



Peachy Custard Dessert

READY IN



65 min.

SERVINGS



9

CALORIES



249 kcal

DESSERT

Ingredients

- 1 cup flour all-purpose
- 2 tablespoons sugar
- 0.3 teaspoon salt
- 0.1 teaspoon double-acting baking powder
- 0.3 cup butter softened
- 1.5 cups peaches fresh sliced
- 0.3 cup sugar
- 1 teaspoon ground cinnamon
- 2 egg yolk

1 cup whipping cream (heavy)

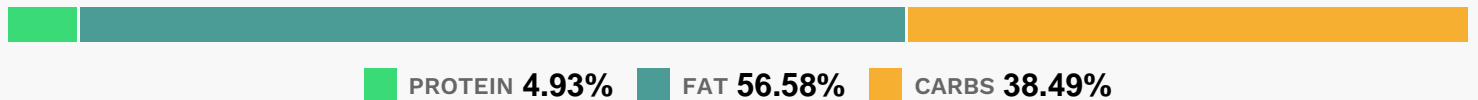
Equipment

- bowl
- frying pan
- oven
- blender

Directions

- Heat oven to 400°F.
- Mix flour, 2 tablepoons sugar, the salt and baking powder in medium bowl.
- Cut in butter, using pastry blender or crisscrossing 2 knives, until mixture looks like fine crumbs. Pat mixture firmly and evenly in bottom and halfway up sides of ungreased square pan, 8x8x2 inches.
- Spread peaches in crust in pan.
- Mix 1/3 cup sugar and the cinnamon; sprinkle over peaches.
- Bake 15 minutes.
- Beat egg yolks and whipping cream until well blended; pour over peaches.
- Bake 25 to 30 minutes or until custard is set and edges are light brown.
- Serve warm. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:39.16, Glycemic Load:15.61, Inflammation Score:-5, Nutrition Score:4.8269565364589%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Catechin: 1.26mg, Catechin: 1.26mg, Catechin: 1.26mg, Catechin: 1.26mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg

Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg,
Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol:
0.06mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 248.83kcal (12.44%), Fat: 15.92g (24.5%), Saturated Fat: 7.54g (47.15%), Carbohydrates: 24.37g (8.12%),
Net Carbohydrates: 23.49g (8.54%), Sugar: 13.04g (14.49%), Cholesterol: 73.08mg (24.36%), Sodium: 142.74mg
(6.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.24%), Vitamin A: 756.29IU (15.13%), Selenium:
8.35µg (11.93%), Vitamin B2: 0.15mg (8.93%), Vitamin B1: 0.13mg (8.55%), Folate: 33.93µg (8.48%), Manganese:
0.15mg (7.61%), Phosphorus: 54.39mg (5.44%), Vitamin B3: 1.05mg (5.25%), Iron: 0.9mg (4.99%), Vitamin E: 0.74mg
(4.95%), Vitamin D: 0.64µg (4.26%), Fiber: 0.88g (3.51%), Calcium: 33.25mg (3.32%), Vitamin B5: 0.29mg (2.93%),
Copper: 0.05mg (2.38%), Potassium: 79.49mg (2.27%), Vitamin B12: 0.13µg (2.11%), Zinc: 0.32mg (2.11%),
Magnesium: 7.5mg (1.87%), Vitamin B6: 0.04mg (1.84%), Vitamin K: 1.76µg (1.67%), Vitamin C: 1.23mg (1.49%)