



Pecan-Peach Cobbler

READY IN



45 min.

SERVINGS



10

CALORIES



1043 kcal

DESSERT

Ingredients

- 0.7 cup butter
- 0.3 cup flour all-purpose
- 0.5 teaspoon nutmeg
- 16 cups peaches fresh peeled sliced
- 0.5 cup pecans toasted chopped
- 30 ounce pie crust dough refrigerated
- 0.3 cup sugar
- 3 cups sugar
- 1.5 teaspoons vanilla

10 servings whipped cream

Equipment

oven

baking pan

dutch oven

Directions

- Combine first 4 ingredients in a Dutch oven, and let stand 10 minutes or until sugar dissolves. Bring peach mixture to a boil; reduce heat to low, and simmer 10 minutes or until tender.
- Remove from heat; add vanilla and butter, stirring until butter melts.
- Unfold 2 piecrusts.
- Sprinkle 1/4 cup pecans and 2 tablespoons sugar evenly over 1 piecrust; top with other piecrust.
- Roll to a 12-inch circle, gently pressing pecans into pastry.
- Cut into 1 1/2-inch strips. Repeat with remaining piecrusts, pecans, and sugar.
- Spoon half of peach mixture into a lightly greased 13- x 9-inch baking dish. Arrange half of pastry strips in a lattice design over top of peach mixture.
- Bake at 475 for 20 to 25 minutes or until lightly browned. Spoon remaining peach mixture over baked pastry. Top with remaining pastry strips in a lattice design.
- Bake 15 to 18 more minutes.
- Serve warm or cold with vanilla ice cream.
- *2 (20-ounce) packages frozen peaches may be substituted. Reduce sugar to 2 cups, flour to 3 tablespoons, and nutmeg to 1/4 teaspoon. Proceed as directed.
- Note: To make ahead, let baked cobbler cool; cover and freeze up to 1 month. Thaw in refrigerator over-night. Uncover, and reheat in the oven at 250 for 45 minutes.

Nutrition Facts



PROTEIN 4.08% **FAT 39.36%** **CARBS 56.56%**

Properties

Glycemic Index:44.64, Glycemic Load:65.47, Inflammation Score:-8, Nutrition Score:17.075217345487%

Flavonoids

Cyanidin: 5.32mg, Cyanidin: 5.32mg, Cyanidin: 5.32mg, Cyanidin: 5.32mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 12.52mg, Catechin: 12.52mg, Catechin: 12.52mg, Catechin: 12.52mg Epigallocatechin: 2.87mg, Epigallocatechin: 2.87mg, Epigallocatechin: 2.87mg, Epigallocatechin: 2.87mg Epicatechin: 5.81mg, Epicatechin: 5.81mg, Epicatechin: 5.81mg, Epicatechin: 5.81mg Epigallocatechin 3-gallate: 0.86mg, Epigallocatechin 3-gallate: 0.86mg, Epigallocatechin 3-gallate: 0.86mg, Epigallocatechin 3-gallate: 0.86mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 1042.62kcal (52.13%), Fat: 46.58g (71.66%), Saturated Fat: 19.62g (122.59%), Carbohydrates: 150.62g (50.21%), Net Carbohydrates: 143.68g (52.25%), Sugar: 99.88g (110.97%), Cholesterol: 61.58mg (20.53%), Sodium: 530.79mg (23.08%), Alcohol: 0.21g (100%), Alcohol %: 0.05% (100%), Protein: 10.86g (21.71%), Manganese: 0.81mg (40.6%), Vitamin A: 1463.31IU (29.27%), Fiber: 6.94g (27.76%), Vitamin B1: 0.39mg (26%), Vitamin B2: 0.43mg (25.01%), Vitamin B3: 4.68mg (23.39%), Folate: 86.97µg (21.74%), Phosphorus: 208.22mg (20.82%), Iron: 3.48mg (19.33%), Selenium: 13.37µg (19.1%), Vitamin E: 2.82mg (18.79%), Copper: 0.35mg (17.43%), Potassium: 547.42mg (15.64%), Vitamin K: 15.06µg (14.34%), Vitamin C: 10.56mg (12.8%), Magnesium: 49.78mg (12.44%), Calcium: 119.47mg (11.95%), Vitamin B5: 1.19mg (11.87%), Zinc: 1.7mg (11.36%), Vitamin B6: 0.15mg (7.49%), Vitamin B12: 0.28µg (4.72%)