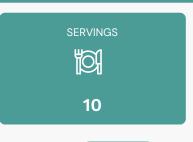


Pecan-Peach Cobbler







DESSERT

Ingredients

U.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
O.3 cup sugar
3 cups sugar

1.5 teaspoons vanilla

	10 convings whipped groom	
	10 servings whipped cream	
Eq	uipment	
	oven	
	baking pan	
	dutch oven	
Dii	rections	
ווט	rections	
Ш	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 11/2-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

Flavonoids

Cyanidin: 5.32mg, Cyanidin: 5.32mg, Cyanidin: 5.32mg, Cyanidin: 5.32mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 12.52mg, Catechin: 12.52m

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%)