

Po' Boy Pie

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



317 kcal

DESSERT

Ingredients

- 1 cup flour all-purpose
- 0.5 teaspoon ground cinnamon
- 1 cup milk
- 28 ounce peaches drained sliced canned
- 0.5 cup butter unsalted melted
- 1 teaspoon vanilla extract
- 1 cup sugar white

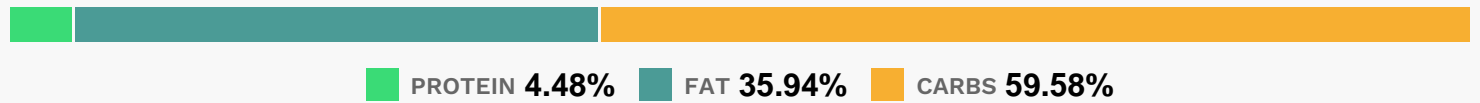
Equipment

- bowl
- oven
- whisk
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 2-quart baking dish.
- Place the peaches into the bottom of the prepared baking dish. In a bowl, whisk together the milk, sugar, flour, melted butter, vanilla extract, cinnamon, and nutmeg just until moistened (mixture can be slightly lumpy).
- Pour the flour mixture over the peaches. Do not stir.
- Bake in the preheated oven until golden brown, about 1 hour.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:28.54, Glycemic Load:30.06, Inflammation Score:-5, Nutrition Score:6.3800000418787%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Catechin: 4.88mg, Catechin: 4.88mg, Catechin: 4.88mg, Catechin: 4.88mg Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg Epicatechin: 2.32mg, Epicatechin: 2.32mg, Epicatechin: 2.32mg, Epicatechin: 2.32mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 316.57kcal (15.83%), Fat: 12.99g (19.98%), Saturated Fat: 7.9g (49.37%), Carbohydrates: 48.44g (16.15%), Net Carbohydrates: 46.47g (16.9%), Sugar: 34.86g (38.73%), Cholesterol: 34.16mg (11.39%), Sodium: 26.67mg (1.16%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 3.64g (7.29%), Vitamin A: 727.79IU (14.56%), Selenium: 8.26µg (11.79%), Vitamin B1: 0.16mg (10.96%), Manganese: 0.19mg (9.64%), Vitamin B2: 0.16mg (9.42%), Vitamin B3: 1.76mg (8.82%), Folate: 34.98µg (8.75%), Fiber: 1.98g (7.91%), Phosphorus: 73.02mg (7.3%), Vitamin E: 1.08mg (7.21%), Iron: 1.09mg (6.05%), Potassium: 188.71mg (5.39%), Copper: 0.1mg (5.25%), Vitamin C: 4.07mg

(4.94%), Calcium: 48.79mg (4.88%), Vitamin K: 4.15µg (3.95%), Magnesium: 15.45mg (3.86%), Vitamin D: 0.55µg (3.66%), Vitamin B5: 0.35mg (3.5%), Zinc: 0.48mg (3.2%), Vitamin B12: 0.19µg (3.15%), Vitamin B6: 0.05mg (2.55%)