



Praline Peach Cobbler

READY IN



60 min.

SERVINGS



12

CALORIES



330 kcal

DESSERT

Ingredients

- ☐ 1 cup graham cracker crumbs
- ☐ 1 cup pecans finely chopped
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup butter melted
- ☐ 58 oz peaches drained sliced canned
- ☐ 2 teaspoons cinnamon prepared
- ☐ 1 cup granulated sugar
- ☐ 1 cup milk
- ☐ 1 cup frangelico

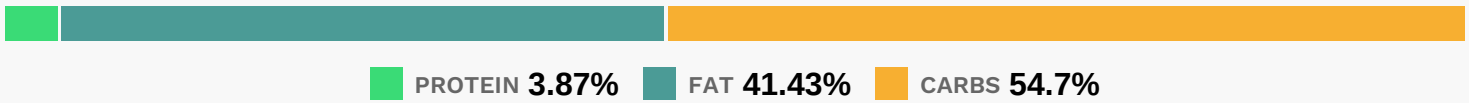
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch pan with cooking spray. In medium bowl, mix cracker crumbs, pecans, brown sugar and butter. Press evenly in bottom of pan.
- ☐ Arrange peaches on crust.
- ☐ Sprinkle with cinnamon-sugar. In medium bowl, mix Bisquick mix, granulated sugar and milk; pour over peaches.
- ☐ Bake 45 to 50 minutes or until golden.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:19.78, Glycemic Load:20.55, Inflammation Score:-6, Nutrition Score:7.5760869357897%

Flavonoids

Cyanidin: 3.61mg, Cyanidin: 3.61mg, Cyanidin: 3.61mg, Cyanidin: 3.61mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 7.4mg, Catechin: 7.4mg, Catechin: 7.4mg, Catechin: 7.4mg Epigallocatechin: 1.94mg, Epigallocatechin: 1.94mg, Epigallocatechin: 1.94mg, Epigallocatechin: 1.94mg Epicatechin: 3.28mg, Epicatechin: 3.28mg, Epicatechin: 3.28mg, Epicatechin: 3.28mg Epigallocatechin 3-gallate: 0.62mg, Epigallocatechin 3-gallate: 0.62mg, Epigallocatechin 3-gallate: 0.62mg, Epigallocatechin 3-gallate: 0.62mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 330.02kcal (16.5%), Fat: 15.93g (24.51%), Saturated Fat: 2.66g (16.6%), Carbohydrates: 47.33g (15.78%), Net Carbohydrates: 43.99g (16%), Sugar: 39.98g (44.42%), Cholesterol: 2.44mg (0.81%), Sodium: 163.63mg (7.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.69%), Manganese: 0.56mg (27.9%), Vitamin A:

824.03IU (16.48%), Fiber: 3.34g (13.37%), Copper: 0.22mg (11.24%), Vitamin E: 1.44mg (9.59%), Phosphorus: 92.74mg (9.27%), Vitamin B1: 0.12mg (8.08%), Potassium: 265.23mg (7.58%), Vitamin B3: 1.51mg (7.57%), Magnesium: 29.83mg (7.46%), Vitamin C: 5.75mg (6.97%), Zinc: 0.96mg (6.38%), Vitamin B2: 0.11mg (6.23%), Iron: 1.09mg (6.03%), Calcium: 56.33mg (5.63%), Selenium: 3.83µg (5.47%), Vitamin K: 4.59µg (4.37%), Vitamin B6: 0.08mg (3.89%), Vitamin B5: 0.39mg (3.85%), Folate: 13.65µg (3.41%), Vitamin B12: 0.12µg (1.99%), Vitamin D: 0.22µg (1.49%)