



Quick Peaches and Golden Raisins Cobbler



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



307 kcal

DESSERT

Ingredients

- ☐ 1 package complete biscuit mix recommended: Jiffy brand
- ☐ 0.1 teaspoon pepper black
- ☐ 0.5 cup granulated sugar divided
- ☐ 0.5 teaspoon ground allspice
- ☐ 2 teaspoons ground cinnamon divided
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 5 cups peaches frozen sliced
- ☐ 1 pinch salt

- ☐ 0.5 cup water
- ☐ 2 ounce or
- ☐ 2 ounce package sliced

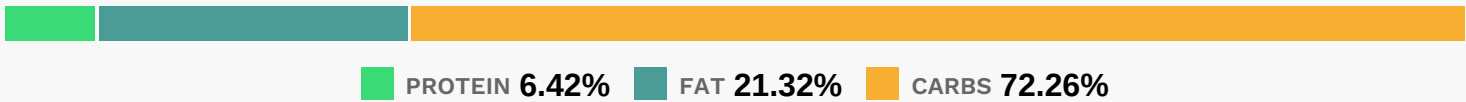
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ microwave
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 425 degrees F.
- ☐ Place frozen peaches in an 8 by 8 glass baking dish, defrost in microwave for 3 minutes on high. While the peaches are defrosting, make the cobbler topping. In a bowl, combine the biscuit mix with a 1/2 cup of water, stir until thoroughly combined but do not overwork. In another bowl combine 1/2 cup of the granulated sugar, 1 teaspoon cinnamon, nutmeg, allspice, pepper, a pinch of salt and raisins.
- ☐ Remove peaches from the microwave and combine with the sugar mixture in baking dish. Top the seasoned peaches with biscuit mix, use your fingers to press out until even. Top the biscuit mix with almonds.
- ☐ Mix remaining cinnamon and sugar together and sprinkle over the biscuits.
- ☐ Bake until cobbler top is firm and lightly golden and peaches are bubbly and hot, about 20 to 25 minutes.
- ☐ Serve warm as is or with ice cream and whipped cream if you have some on hand.

Nutrition Facts



Properties

Glycemic Index:74.75, Glycemic Load:30.38, Inflammation Score:-6, Nutrition Score:11.063913118094%

Flavonoids

Cyanidin: 4.04mg, Cyanidin: 4.04mg, Cyanidin: 4.04mg, Cyanidin: 4.04mg Catechin: 9.65mg, Catechin: 9.65mg, Catechin: 9.65mg, Catechin: 9.65mg Epigallocatechin: 2.37mg, Epigallocatechin: 2.37mg, Epigallocatechin: 2.37mg, Epigallocatechin: 2.37mg Epicatechin: 4.59mg, Epicatechin: 4.59mg, Epicatechin: 4.59mg, Epicatechin: 4.59mg Epigallocatechin 3–gallate: 0.58mg, Epigallocatechin 3–gallate: 0.58mg, Epigallocatechin 3–gallate: 0.58mg, Epigallocatechin 3–gallate: 0.58mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 306.99kcal (15.35%), Fat: 7.86g (12.09%), Saturated Fat: 0.65g (4.06%), Carbohydrates: 59.92g (19.97%), Net Carbohydrates: 54.06g (19.66%), Sugar: 50.19g (55.77%), Cholesterol: 0mg (0%), Sodium: 41.8mg (1.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.65%), Manganese: 0.68mg (34.02%), Vitamin E: 5.08mg (33.83%), Fiber: 5.86g (23.43%), Copper: 0.36mg (18.07%), Magnesium: 60.26mg (15.07%), Vitamin B2: 0.25mg (15%), Phosphorus: 129.58mg (12.96%), Potassium: 453.59mg (12.96%), Vitamin A: 632.47IU (12.65%), Vitamin B3: 2.26mg (11.3%), Vitamin C: 8.49mg (10.29%), Iron: 1.56mg (8.69%), Selenium: 4.93µg (7.05%), Calcium: 67.11mg (6.71%), Zinc: 0.96mg (6.41%), Vitamin K: 6.7µg (6.38%), Vitamin B6: 0.12mg (5.8%), Vitamin B1: 0.08mg (5.25%), Folate: 18.78µg (4.7%), Vitamin B5: 0.39mg (3.88%)