



Rosemary and Honey Corn Skillet Cake with Caramelized Peaches

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



549 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 cup cornmeal fine
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.8 cup honey divided
- ☐ 1 cup lightly sweetned
- ☐ 3 teaspoon rosemary leaves divided minced

- ☐ 1 teaspoon salt
- ☐ 0.5 cup butter unsalted sliced
- ☐ 1 cup milk whole

Equipment

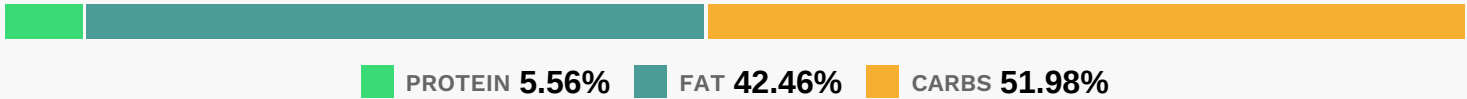
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Turn the broiler to high.
- ☐ Place the peaches, cut side up on a rimmed baking sheet or broiler pan.
- ☐ Drizzle them evenly with ¼ cup honey. Then sprinkle lightly with minced rosemary, a bare pinch each.
- ☐ Place them under the broiler until caramelized lightly and just beginning to bubble, about 4 minutes. Watch them carefully, you may need to rotate the tray to color all the peaches evenly.
- ☐ Remove from broiler. Set aside.
- ☐ Heat the oven to 400 degrees F.
- ☐ Place a heavy 10-inch-diameter cast iron or ovenproof skillet in the heated oven for 10 minutes. Meanwhile, whisk cornmeal, flour, baking powder & salt with remaining chopped rosemary in large bowl until blended. In a separate bowl, whisk milk, remaining ½ cup honey, and egg until well incorporated.
- ☐ Remove hot skillet from oven; add butter. Swirl until butter is melted.
- ☐ Pour all but 2 tablespoons butter into the bowl with the egg mixture, whisking to combine.

- ☐ Add egg mixture to cornmeal mixture; stir until just combined (do not overmix; batter will be wet and runny).
- ☐ Pour batter into hot skillet. Arrange the caramelized peaches on top, cut side up. Move the skillet back to the heated oven and bake until browned around edges and tester inserted into center comes out clean, about 25 minutes. Cool in skillet at least 10 minutes before serving with a dollop of lightly whipped cream.

Nutrition Facts



Properties

Glycemic Index:65.96, Glycemic Load:42.47, Inflammation Score:-6, Nutrition Score:10.366956428341%

Nutrients (% of daily need)

Calories: 548.59kcal (27.43%), Fat: 26.61g (40.93%), Saturated Fat: 15.65g (97.79%), Carbohydrates: 73.29g (24.43%), Net Carbohydrates: 70.13g (25.5%), Sugar: 38.7g (43%), Cholesterol: 103.95mg (34.65%), Sodium: 639.74mg (27.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.84g (15.67%), Calcium: 198.88mg (19.89%), Phosphorus: 189.79mg (18.98%), Vitamin B1: 0.27mg (18.02%), Selenium: 12.52µg (17.88%), Manganese: 0.35mg (17.64%), Vitamin A: 875.17IU (17.5%), Vitamin B2: 0.24mg (14.38%), Folate: 52.62µg (13.16%), Iron: 2.32mg (12.92%), Fiber: 3.16g (12.65%), Vitamin B6: 0.22mg (10.8%), Magnesium: 40.7mg (10.18%), Vitamin B3: 1.99mg (9.97%), Zinc: 1.35mg (9.03%), Vitamin D: 0.9µg (5.99%), Copper: 0.12mg (5.98%), Potassium: 207.65mg (5.93%), Vitamin B5: 0.58mg (5.78%), Vitamin B12: 0.33µg (5.43%), Vitamin E: 0.66mg (4.38%), Vitamin K: 1.59µg (1.51%)