



Skillet Peach Cobbler

READY IN



58 min.

SERVINGS



18

CALORIES



342 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon cinnamon
- ☐ 2 cups flour all-purpose
- ☐ 0.7 cup milk
- ☐ 5 peaches firm pitted ripe peeled cut into 1/2-inch-thick slices
- ☐ 18 servings salt
- ☐ 0.8 cup sugar
- ☐ 16 tablespoons butter unsalted cut into pieces (2 sticks)

- ☐ 1 teaspoon vanilla extract
- ☐ 18 servings whipped cream

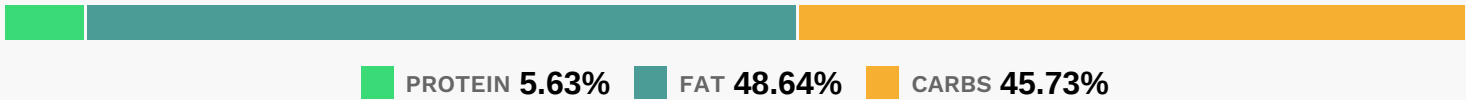
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 375F. Make filling: Melt 3 Tbsp. butter in a 10 1/2-inch cast-iron skillet over medium-high heat.
- ☐ Add peaches and cook, stirring occasionally, until they begin to soften, 3 to 4 minutes.
- ☐ Add 1/4 cup sugar, cinnamon and a pinch of salt and cook, stirring frequently, until sugar has dissolved and peaches are soft and most of their liquid has evaporated, 3 to 5 minutes longer.
- ☐ Remove skillet from heat.
- ☐ Combine flour, baking powder, 1/2 tsp. salt, remaining 1/2 cup sugar and remaining 13 Tbsp. butter in a food processor; pulse until mixture resembles coarse meal. With motor running, add milk and vanilla, and process just until a rough dough forms.
- ☐ Drop spoonfuls of topping over warm peaches and sprinkle with almonds, if desired.
- ☐ Bake until topping is golden, 30 to 35 minutes.
- ☐ Let stand 15 minutes.
- ☐ Serve warm, topped with a scoop of vanilla ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:21.74, Glycemic Load:24.46, Inflammation Score:-5, Nutrition Score:7.1878261669822%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 342.34kcal (17.12%), Fat: 18.77g (28.88%), Saturated Fat: 11.14g (69.6%), Carbohydrates: 39.71g (13.24%), Net Carbohydrates: 38g (13.82%), Sugar: 26.39g (29.32%), Cholesterol: 56.88mg (18.96%), Sodium: 316.1mg (13.74%), Alcohol: 0.08g (100%), Alcohol %: 0.06% (100%), Protein: 4.89g (9.78%), Vitamin B2: 0.28mg (16.35%), Vitamin A: 739.5IU (14.79%), Calcium: 140.34mg (14.03%), Phosphorus: 126mg (12.6%), Vitamin B1: 0.16mg (10.35%), Selenium: 7.19µg (10.27%), Manganese: 0.18mg (8.82%), Vitamin E: 1.24mg (8.27%), Folate: 32.34µg (8.09%), Fiber: 1.71g (6.82%), Vitamin B3: 1.31mg (6.55%), Potassium: 226.95mg (6.48%), Vitamin B5: 0.56mg (5.64%), Vitamin B12: 0.33µg (5.46%), Iron: 0.98mg (5.46%), Magnesium: 21.78mg (5.44%), Zinc: 0.75mg (5.02%), Copper: 0.09mg (4.42%), Vitamin B6: 0.06mg (2.83%), Vitamin D: 0.42µg (2.79%), Vitamin C: 2.11mg (2.55%), Vitamin K: 2.41µg (2.29%)