



Slow Cooker Peach Cobbler

 Vegetarian

READY IN



210 min.

SERVINGS



6

CALORIES



348 kcal

DESSERT

Ingredients

- 0.5 teaspoon allspice freshly ground
- 0.5 teaspoon double-acting baking powder
- 6 ounces brown sugar dark
- 4 ounces flour all-purpose
- 0.3 teaspoon kosher salt
- 0.5 teaspoon nutmeg freshly grated
- 20 ounces peaches frozen
- 3.5 ounces rolled oats

0.3 cup butter unsalted for the cooker at room temperature

Equipment

bowl

slow cooker

Directions

Combine the sugar, oats, flour, baking powder, allspice, nutmeg and kosher salt in a large bowl.

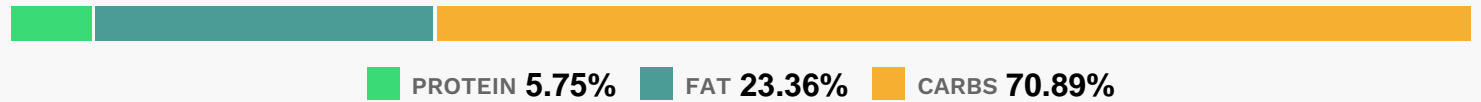
Add the butter and work into the dry ingredients until a crumbly texture is formed. Fold in the peach slices.

Butter the bottom and sides of a 3-quart cooker.

Add the mixture to the slow cooker and cook on low for 3 to 3 1/2 hours.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:55.38, Glycemic Load:17.65, Inflammation Score:-6, Nutrition Score:9.5430434773798%

Flavonoids

Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 2.21mg, Epicatechin: 2.21mg, Epicatechin: 2.21mg, Epicatechin: 2.21mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 348.19kcal (17.41%), Fat: 9.27g (14.25%), Saturated Fat: 5.14g (32.11%), Carbohydrates: 63.27g (21.09%), Net Carbohydrates: 59.6g (21.67%), Sugar: 35.7g (39.66%), Cholesterol: 20.34mg (6.78%), Sodium: 155.02mg (6.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.26%), Manganese: 0.82mg (40.77%), Selenium: 13.61µg (19.45%), Vitamin B1: 0.25mg (16.56%), Fiber: 3.67g (14.68%), Phosphorus: 120.25mg (12.03%), Iron: 2.16mg (11.99%), Folate: 46.3µg (11.58%), Vitamin A: 545.5IU (10.91%), Vitamin B3: 2.1mg (10.52%), Magnesium: 37.9mg (9.48%), Copper: 0.18mg (9.16%), Vitamin B2: 0.15mg (8.92%), Potassium: 237.76mg (6.79%), Vitamin E: 0.99mg (6.6%),

Zinc: 0.97mg (6.49%), Calcium: 62.07mg (6.21%), Vitamin C: 3.94mg (4.78%), Vitamin B5: 0.46mg (4.6%), Vitamin K: 3.88µg (3.7%), Vitamin B6: 0.06mg (3.05%)