



Slow Cooker Peach Cobbler

 Vegetarian

READY IN



280 min.

SERVINGS



8

CALORIES



469 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 tablespoons confectioners' sugar
- ☐ 3 tablespoons cornstarch
- ☐ 1.3 cups flour all-purpose
- ☐ 0.7 cup granulated sugar
- ☐ 3 tablespoons granulated sugar
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 0.3 teaspoon ground ginger
- ☐ 0.5 cup heavy cream
- ☐ 0.8 cup milk
- ☐ 2 tablespoons orange juice
- ☐ 16 cups bags peaches frozen
- ☐ 1 pinch salt fine
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 4 tablespoons butter unsalted cold cut into small pieces
- ☐ 8 servings butter unsalted for greasing insert

Equipment

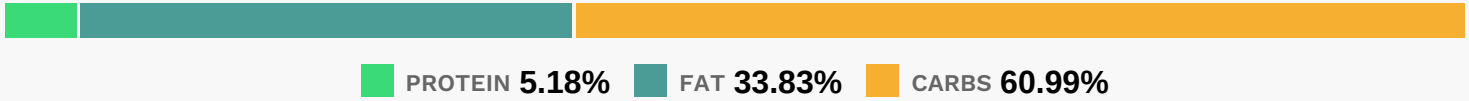
- ☐ bowl
- ☐ whisk
- ☐ wooden spoon
- ☐ slow cooker

Directions

- ☐ For the filling: Butter the sides and bottom of the insert of a 6-quart slow cooker.
- ☐ Whisk together the cornstarch, orange juice and 1 tablespoon water in a small bowl.
- ☐ Add the mixture to the insert, add the peaches and granulated sugar and toss.
- ☐ Whisk together the flour, 2 tablespoons of the granulated sugar, baking powder and salt in a large bowl.
- ☐ Add the butter and rub the mixture together with your fingertips so that it forms a coarse meal with some pea-sized lumps.
- ☐ Add the milk and almond extract if using and stir with a wooden spoon to form a wet dough.
- ☐ Drop spoonfuls of the dough on top of the peach mixture.
- ☐ Combine the remaining 1 tablespoon granulated sugar with the cinnamon and ginger and sprinkle over the dough. Cover the slow cooker and set to high for 3 to 4 hours. The cobbler should be bubbly and the biscuits should be cooked through.
- ☐ Let rest for 20 minutes before serving.

- ☐
- For the sour cream topping: Meanwhile, combine the heavy cream, sour cream and confectioners' sugar in a medium bowl and beat with an electric mixture until the mixture forms medium peaks.
- ☐
- Spoon the cobbler into bowls and top with the whipped sour cream topping.

Nutrition Facts



Properties

Glycemic Index:55.3, Glycemic Load:36.98, Inflammation Score:-8, Nutrition Score:13.131304357363%

Flavonoids

Cyanidin: 5.91mg, Cyanidin: 5.91mg, Cyanidin: 5.91mg, Cyanidin: 5.91mg Catechin: 15.15mg, Catechin: 15.15mg, Catechin: 15.15mg, Catechin: 15.15mg Epigallocatechin: 3.2mg, Epigallocatechin: 3.2mg, Epigallocatechin: 3.2mg, Epigallocatechin: 3.2mg Epicatechin: 7.21mg, Epicatechin: 7.21mg, Epicatechin: 7.21mg, Epicatechin: 7.21mg Epigallocatechin 3-gallate: 0.92mg, Epigallocatechin 3-gallate: 0.92mg, Epigallocatechin 3-gallate: 0.92mg, Epigallocatechin 3-gallate: 0.92mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 468.63kcal (23.43%), Fat: 18.33g (28.21%), Saturated Fat: 10.83g (67.68%), Carbohydrates: 74.35g (24.78%), Net Carbohydrates: 69.12g (25.14%), Sugar: 51.14g (56.82%), Cholesterol: 49.59mg (16.53%), Sodium: 115.13mg (5.01%), Alcohol: 0.04g (100%), Alcohol %: 0.01% (100%), Protein: 6.32g (12.63%), Vitamin A: 1613.16IU (32.26%), Fiber: 5.23g (20.9%), Selenium: 14.62µg (20.89%), Vitamin B3: 3.71mg (18.53%), Vitamin E: 2.72mg (18.12%), Vitamin C: 14.91mg (18.07%), Manganese: 0.36mg (17.93%), Vitamin B1: 0.25mg (16.6%), Vitamin B2: 0.27mg (16.09%), Folate: 56.9µg (14.22%), Phosphorus: 141.15mg (14.11%), Copper: 0.28mg (13.95%), Potassium: 467.4mg (13.35%), Iron: 2.08mg (11.57%), Vitamin K: 10.82µg (10.3%), Calcium: 94.2mg (9.42%), Magnesium: 34.56mg (8.64%), Vitamin B5: 0.73mg (7.26%), Zinc: 1.02mg (6.79%), Vitamin B6: 0.11mg (5.51%), Vitamin D: 0.67µg (4.46%), Vitamin B12: 0.18µg (3.05%)