



So-Easy Peach Cobbler

READY IN



30 min.

SERVINGS



6

CALORIES



614 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 egg white lightly beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 7 peaches fresh peeled sliced
- ☐ 15 oz piecrusts refrigerated
- ☐ 1 cup sugar
- ☐ 1 tablespoon sugar

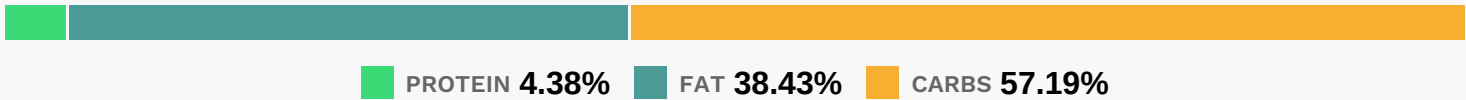
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ dutch oven
- ☐ drinking straws

Directions

- ☐ Preheat oven to 45
- ☐ Melt butter in a Dutch oven over medium heat.
- ☐ Add peaches, 1 cup sugar, and next 3 ingredients; bring to a boil over medium heat, stirring occasionally. Reduce heat to medium-low; simmer 7 to 8 minutes or until tender.
- ☐ Meanwhile, unroll piecrust on a flat surface.
- ☐ Cut into 12 circles, using a 3 1/2-inch round cutter with fluted edges. Make 4 small holes in center of each circle, using a plastic straw.
- ☐ Place circles on a parchment paper-lined baking sheet.
- ☐ Whisk together egg white and 1 Tbsp. water.
- ☐ Brush circles with egg mixture; sprinkle with 1 Tbsp. sugar.
- ☐ Bake at 450 for 8 to 10 minutes or until lightly browned.
- ☐ Place 1 pastry circle in each of 6 (7-oz.) ramekins. Spoon peach mixture over pastry circles; top with remaining pastry circles.

Nutrition Facts



Properties

Glycemic Index:51.74, Glycemic Load:32.11, Inflammation Score:-6, Nutrition Score:10.263478220805%

Flavonoids

Cyanidin: 3.36mg, Cyanidin: 3.36mg, Cyanidin: 3.36mg, Cyanidin: 3.36mg Catechin: 8.61mg, Catechin: 8.61mg, Catechin: 8.61mg, Catechin: 8.61mg Epigallocatechin: 1.82mg, Epigallocatechin: 1.82mg, Epigallocatechin: 1.82mg, Epigallocatechin: 1.82mg Epicatechin: 4.09mg, Epicatechin: 4.09mg, Epicatechin: 4.09mg, Epicatechin: 4.09mg Epigallocatechin 3–gallate: 0.52mg, Epigallocatechin 3–gallate: 0.52mg, Epigallocatechin 3–gallate: 0.52mg, Epigallocatechin 3–gallate: 0.52mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 614.25kcal (30.71%), Fat: 26.78g (41.2%), Saturated Fat: 10.68g (66.77%), Carbohydrates: 89.69g (29.9%), Net Carbohydrates: 85.16g (30.97%), Sugar: 50.12g (55.69%), Cholesterol: 20.34mg (6.78%), Sodium: 382.2mg (16.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.86g (13.73%), Manganese: 0.45mg (22.71%), Fiber: 4.52g (18.09%), Vitamin B3: 3.49mg (17.43%), Vitamin B1: 0.26mg (17.23%), Folate: 66.18µg (16.54%), Vitamin A: 808.12IU (16.16%), Iron: 2.59mg (14.38%), Selenium: 9.88µg (14.11%), Vitamin B2: 0.22mg (12.93%), Vitamin E: 1.83mg (12.23%), Vitamin C: 9.11mg (11.05%), Vitamin K: 11.12µg (10.59%), Copper: 0.2mg (9.9%), Phosphorus: 95.7mg (9.57%), Potassium: 301.56mg (8.62%), Magnesium: 26.27mg (6.57%), Vitamin B5: 0.59mg (5.92%), Zinc: 0.76mg (5.04%), Vitamin B6: 0.08mg (4.16%), Calcium: 24.95mg (2.49%)