

# Sour Cream Peach Kuchen

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



409 kcal

SIDE DISH

## Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 cup butter cold cubed
- 4 egg yolk
- 3 cups flour all-purpose
- 0.3 teaspoon ground cinnamon
- 58 ounces peaches peeled drained sliced canned
- 0.3 teaspoon salt
- 16 ounces cream sour

2 tablespoons sugar

## Equipment

bowl

oven

baking pan

## Directions

In a large bowl, combine the flour, 1/4 cup sugar, baking powder and salt; cut in butter until mixture resembles coarse crumbs. Press onto the bottom and 1 in. up the sides of a greased 13-in. x 9-in. baking dish.

Arrange peaches over crust.

Combine cinnamon and remaining sugar; sprinkle over peaches.

Bake at 400° for 15 minutes.

Meanwhile, in a small bowl, combine egg yolks and sour cream.

Spread evenly over peaches.

Combine sugar and cinnamon; sprinkle over top.

Bake 30–35 minutes longer or until set.

Serve warm or cold. Store leftovers in the refrigerator.

## Nutrition Facts



**PROTEIN 6.24%** **FAT 53.78%** **CARBS 39.98%**

## Properties

Glycemic Index:27.7, Glycemic Load:23.44, Inflammation Score:-7, Nutrition Score:10.860434791316%

## Flavonoids

Cyanidin: 2.63mg, Cyanidin: 2.63mg, Cyanidin: 2.63mg, Cyanidin: 2.63mg Catechin: 6.74mg, Catechin: 6.74mg, Catechin: 6.74mg, Catechin: 6.74mg Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg Epicatechin: 3.21mg, Epicatechin: 3.21mg, Epicatechin: 3.21mg, Epicatechin: 3.21mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg

Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

## **Nutrients (% of daily need)**

Calories: 408.99kcal (20.45%), Fat: 24.95g (38.38%), Saturated Fat: 14.19g (88.68%), Carbohydrates: 41.73g (13.91%), Net Carbohydrates: 38.81g (14.11%), Sugar: 14.91g (16.57%), Cholesterol: 127.77mg (42.59%), Sodium: 220.81mg (9.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.51g (13.03%), Selenium: 18.43µg (26.33%), Vitamin A: 1241.55IU (24.83%), Vitamin B1: 0.3mg (19.82%), Folate: 77.01µg (19.25%), Vitamin B2: 0.3mg (17.58%), Manganese: 0.31mg (15.58%), Vitamin B3: 2.99mg (14.97%), Phosphorus: 124.24mg (12.42%), Iron: 2.13mg (11.85%), Vitamin E: 1.76mg (11.72%), Fiber: 2.92g (11.69%), Copper: 0.16mg (8.18%), Potassium: 259.2mg (7.41%), Vitamin C: 5.96mg (7.22%), Calcium: 70.89mg (7.09%), Vitamin B5: 0.67mg (6.74%), Vitamin K: 6.15µg (5.86%), Magnesium: 22.37mg (5.59%), Zinc: 0.81mg (5.43%), Vitamin B6: 0.09mg (4.26%), Vitamin B12: 0.23µg (3.81%), Vitamin D: 0.32µg (2.16%)