



Southern Peach Cobbler



Vegetarian



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



483 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 cup brown sugar
- ☐ 2 teaspoons cornstarch
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 8 peaches fresh pitted peeled sliced into thin wedges

- ☐ 0.5 teaspoon salt
- ☐ 6 tablespoons butter unsalted chilled cut into small pieces
- ☐ 0.3 cup water boiling
- ☐ 3 tablespoons sugar white

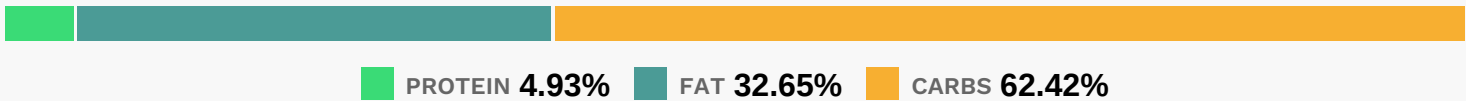
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ In a large bowl, combine peaches, 1/4 cup white sugar, 1/4 cup brown sugar, 1/4 teaspoon cinnamon, nutmeg, lemon juice, and cornstarch. Toss to coat evenly, and pour into a 2 quart baking dish.
- ☐ Bake in preheated oven for 10 minutes.
- ☐ Meanwhile, in a large bowl, combine flour, 1/4 cup white sugar, 1/4 cup brown sugar, baking powder, and salt. Blend in butter with your fingertips, or a pastry blender, until mixture resembles coarse meal. Stir in water until just combined.
- ☐ Remove peaches from oven, and drop spoonfuls of topping over them.
- ☐ Sprinkle entire cobbler with the sugar and cinnamon mixture.
- ☐ Bake until topping is golden, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:88.09, Glycemic Load:34.19, Inflammation Score:-8, Nutrition Score:13.754782557487%

Flavonoids

Cyanidin: 5.76mg, Cyanidin: 5.76mg, Cyanidin: 5.76mg, Cyanidin: 5.76mg Catechin: 14.76mg, Catechin: 14.76mg, Catechin: 14.76mg, Catechin: 14.76mg Epigallocatechin: 3.12mg, Epigallocatechin: 3.12mg, Epigallocatechin: 3.12mg, Epigallocatechin: 3.12mg Epicatechin: 7.02mg, Epicatechin: 7.02mg, Epicatechin: 7.02mg, Epicatechin: 7.02mg Epigallocatechin 3–gallate: 0.9mg, Epigallocatechin 3–gallate: 0.9mg, Epigallocatechin 3–gallate: 0.9mg, Epigallocatechin 3–gallate: 0.9mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 483.4kcal (24.17%), Fat: 18.21g (28.02%), Saturated Fat: 10.91g (68.2%), Carbohydrates: 78.32g (26.11%), Net Carbohydrates: 72.68g (26.43%), Sugar: 47.65g (52.94%), Cholesterol: 45.15mg (15.05%), Sodium: 443.46mg (19.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.18g (12.37%), Vitamin A: 1504.4IU (30.09%), Manganese: 0.5mg (24.84%), Selenium: 17.37µg (24.82%), Fiber: 5.64g (22.55%), Vitamin B3: 4.3mg (21.48%), Vitamin B1: 0.32mg (21.27%), Folate: 76.28µg (19.07%), Vitamin E: 2.71mg (18.06%), Vitamin C: 12.8mg (15.52%), Iron: 2.74mg (15.21%), Vitamin B2: 0.26mg (15.1%), Copper: 0.3mg (14.76%), Phosphorus: 127.93mg (12.79%), Potassium: 426.9mg (12.2%), Vitamin K: 10.72µg (10.21%), Calcium: 97.83mg (9.78%), Magnesium: 33.48mg (8.37%), Vitamin B5: 0.64mg (6.41%), Zinc: 0.95mg (6.31%), Vitamin B6: 0.1mg (4.82%), Vitamin D: 0.31µg (2.1%)