



Sugar Free Peach and Banana Cobbler

READY IN

ready

70 min.

SERVINGS

servings

8

CALORIES

calories

177 kcal

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 bananas sliced
- ☐ 1 tablespoon corn oil
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 8 peaches white pitted sliced
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup skim milk
- ☐ 2 teaspoons sugar substitute

☐ 0.5 teaspoon vanilla extract

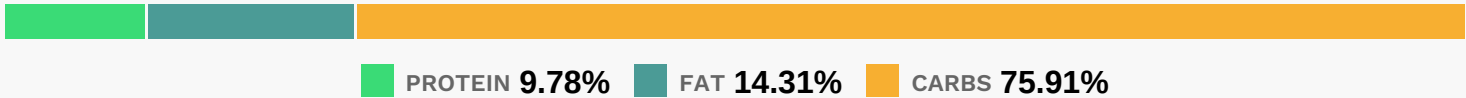
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease an 8x8-inch baking dish.
- ☐ Mix white peaches, bananas, 2 tablespoons flour, and 1 teaspoon sugar substitute in a bowl until the fruit is coated; spread into the bottom of the prepared baking dish.
- ☐ Whisk 1 cup flour, baking powder, salt, and cinnamon in the same bowl used to mix fruit; stir in skim milk, egg, corn oil, 2 teaspoons sugar substitute, and vanilla extract to make a batter.
- ☐ Pour batter in an even layer over the fruit.
- ☐ Bake in the preheated oven until cake is golden brown and a toothpick inserted into the middle of the cake layer comes out clean, about 30 minutes. Cool in pan on rack at least 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:43.78, Glycemic Load:17.64, Inflammation Score:-6, Nutrition Score:8.8373913609463%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 9.18mg, Catechin: 9.18mg, Catechin: 9.18mg, Catechin: 9.18mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg

Epigallocatechin 3–gallate: 0.45mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 176.65kcal (8.83%), Fat: 2.94g (4.53%), Saturated Fat: 0.41g (2.54%), Carbohydrates: 35.11g (11.7%), Net Carbohydrates: 31.6g (11.49%), Sugar: 17.15g (19.06%), Cholesterol: 20.92mg (6.97%), Sodium: 285.57mg (12.42%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 4.52g (9.05%), Selenium: 10.74µg (15.35%), Manganese: 0.3mg (15.13%), Fiber: 3.51g (14.03%), Vitamin B1: 0.18mg (11.91%), Vitamin B3: 2.35mg (11.76%), Folate: 46.39µg (11.6%), Vitamin A: 569.19IU (11.38%), Vitamin B2: 0.19mg (11.22%), Vitamin C: 8.72mg (10.57%), Phosphorus: 105.64mg (10.56%), Potassium: 339.63mg (9.7%), Vitamin E: 1.45mg (9.69%), Calcium: 93.24mg (9.32%), Vitamin B6: 0.17mg (8.56%), Iron: 1.53mg (8.5%), Copper: 0.17mg (8.38%), Magnesium: 26.28mg (6.57%), Vitamin B5: 0.54mg (5.36%), Vitamin K: 5.49µg (5.23%), Zinc: 0.64mg (4.28%), Vitamin B12: 0.14µg (2.3%), Vitamin D: 0.28µg (1.86%)