



The Lady and Sons Peach Cobbler

READY IN



65 min.

SERVINGS



10

CALORIES



454 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter (1 stick)
- ☐ 10 servings cinnamon for sprinkling, optional
- ☐ 1 cup milk
- ☐ 28 ounce peaches in heavy syrup fresh sliced canned (use peaches if available; see note*)
- ☐ 1.5 cups self-rising flour
- ☐ 1.5 cups sugar
- ☐ 10 servings whipped cream fresh for serving

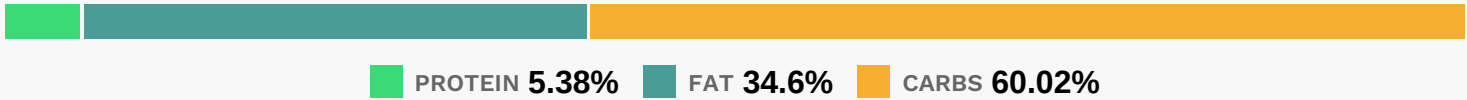
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Put butter in a 13 by 9 by 2-inch baking dish and place in the oven to melt. Stir sugar and flour together and mix well. Slowly add milk and continue stirring to prevent the batter from lumping.
- ☐ Being careful not to burn yourself, remove hot baking dish containing melted butter from oven; pour batter directly over butter in baking dish. Do not stir.
- ☐ Spoon fruit on top of batter, then gently pour syrup on top. Do not stir.
- ☐ Sprinkle cinnamon on top of batter, if using. (The most important part of this dish is not stirring the mixture at this point in the recipe.)
- ☐ Bake for 30 to 45 minutes or until golden brown. Your batter will rise above your fruit, producing the most wonderful of crusts.
- ☐ Serve warm with vanilla ice cream or fresh whipped cream.

Nutrition Facts



Properties

Glycemic Index:33.13, Glycemic Load:42.18, Inflammation Score:-6, Nutrition Score:8.5260869627414%

Flavonoids

Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 454.11kcal (22.71%), Fat: 17.89g (27.53%), Saturated Fat: 10.84g (67.73%), Carbohydrates: 69.83g (23.28%), Net Carbohydrates: 66.67g (24.24%), Sugar: 51.87g (57.64%), Cholesterol: 56.37mg (18.79%), Sodium: 146.25mg

(6.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.26g (12.51%), Manganese: 0.55mg (27.68%), Vitamin A: 866.07IU (17.32%), Selenium: 11.12µg (15.88%), Calcium: 143.54mg (14.35%), Vitamin B2: 0.24mg (14.02%), Phosphorus: 133.6mg (13.36%), Fiber: 3.16g (12.66%), Potassium: 295.48mg (8.44%), Vitamin E: 1.17mg (7.83%), Vitamin B5: 0.7mg (6.98%), Vitamin B12: 0.41µg (6.81%), Zinc: 0.95mg (6.31%), Magnesium: 24.63mg (6.16%), Copper: 0.12mg (6.02%), Vitamin B1: 0.08mg (5.05%), Vitamin B3: 0.96mg (4.8%), Vitamin C: 3.73mg (4.52%), Vitamin K: 4.13µg (3.93%), Vitamin B6: 0.08mg (3.84%), Iron: 0.68mg (3.79%), Folate: 14.71µg (3.68%), Vitamin D: 0.4µg (2.67%)