



Tina's Peach Cobbler

READY IN



95 min.

SERVINGS



8

CALORIES



534 kcal

DESSERT

Ingredients

- ☐ 1 eggs
- ☐ 2 cups flour all-purpose sifted
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 8 cups peaches fresh pitted peeled sliced
- ☐ 1 teaspoon salt
- ☐ 0.4 cup shortening
- ☐ 0.3 cup butter unsalted
- ☐ 1 teaspoon vanilla extract
- ☐ 0.1 cup water cold

- ☐ 2 cups sugar white
- ☐ 0.4 cup lard
- ☐ 0.4 cup lard

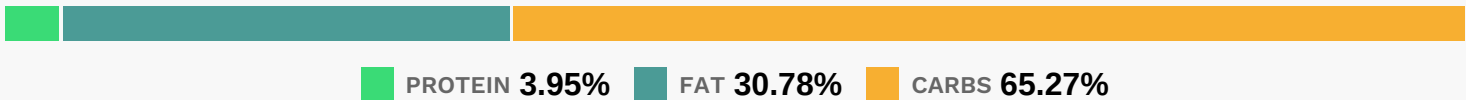
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large saucepan, combine peaches, sugar and nutmeg. Cook over medium heat, stirring occasionally, until mixture thickens and begins to bubble and peaches are tender, 10 minutes.
- ☐ Remove from heat and stir in butter and vanilla until butter is melted.
- ☐ Pour into a 9x13 inch baking dish.
- ☐ In a medium bowl, combine flour and salt. Blend in lard and shortening with pastry blender until mixture resembles pea-sized crumbs.
- ☐ Combine egg and cold water in a separate bowl and sprinkle mixture over pastry, a little at a time, stirring just until dough comes together.
- ☐ Roll out on a floured surface into a 9x13 inch rectangle.
- ☐ Lay crust over peach mixture.
- ☐ Bake in preheated oven 50 to 60 minutes, until crust is golden.

Nutrition Facts



Properties

Glycemic Index:31.92, Glycemic Load:57.51, Inflammation Score:-6, Nutrition Score:9.6356521274733%

Flavonoids

Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg Catechin: 7.58mg, Catechin: 7.58mg, Catechin: 7.58mg, Catechin: 7.58mg Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg Epicatechin: 3.6mg, Epicatechin: 3.6mg, Epicatechin: 3.6mg, Epicatechin: 3.6mg Epigallocatechin 3–gallate: 0.46mg, Epigallocatechin 3–gallate: 0.46mg, Epigallocatechin 3–gallate: 0.46mg, Epigallocatechin 3–gallate: 0.46mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 533.65kcal (26.68%), Fat: 18.73g (28.82%), Saturated Fat: 7.54g (47.15%), Carbohydrates: 89.37g (29.79%), Net Carbohydrates: 86.19g (31.34%), Sugar: 63.03g (70.03%), Cholesterol: 40.8mg (13.6%), Sodium: 321.31mg (13.97%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 5.41g (10.82%), Selenium: 15.91µg (22.73%), Vitamin B1: 0.29mg (19.16%), Folate: 69.39µg (17.35%), Manganese: 0.32mg (15.83%), Vitamin B3: 3.1mg (15.49%), Vitamin A: 768.23IU (15.36%), Vitamin B2: 0.24mg (14.15%), Vitamin E: 2.01mg (13.39%), Fiber: 3.18g (12.72%), Iron: 2.11mg (11.72%), Vitamin K: 10.5µg (10%), Copper: 0.18mg (8.83%), Phosphorus: 81.09mg (8.11%), Vitamin C: 6.32mg (7.66%), Potassium: 233.41mg (6.67%), Vitamin B5: 0.53mg (5.33%), Magnesium: 20.38mg (5.09%), Zinc: 0.66mg (4.41%), Vitamin B6: 0.06mg (3.12%), Calcium: 17.37mg (1.74%), Vitamin D: 0.25µg (1.68%), Vitamin B12: 0.06µg (1.08%)