



Too Easy Peach Cobbler

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



467 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 1 eggs
- 2 tablespoons flour all-purpose
- 6 peaches - fresh pitted sliced
- 5 slices bread white
- 1.5 cups sugar white

Equipment

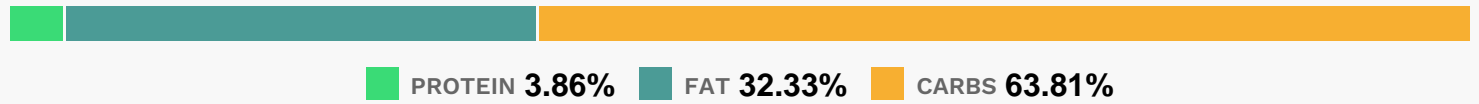
- frying pan

- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Butter an 8 inch square baking dish.
- Cut crust from bread slices, and cut each into 4 or 5 slices.
- Spread fruit into prepared pan, and cover with a layer of bread slices.
- Beat together butter or margarine, sugar, flour, and egg.
- Pour mixture over the fruit and bread.
- Bake for 35 to 45 minutes, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:51.69, Glycemic Load:48.79, Inflammation Score:-6, Nutrition Score:7.9334783605907%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 466.97kcal (23.35%), Fat: 17.38g (26.73%), Saturated Fat: 10.16g (63.48%), Carbohydrates: 77.17g (25.72%), Net Carbohydrates: 74.38g (27.05%), Sugar: 63.64g (70.71%), Cholesterol: 67.95mg (22.65%), Sodium: 251.47mg (10.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.35%), Vitamin A: 1001.54IU (20.03%), Selenium: 11.57µg (16.53%), Vitamin B3: 2.36mg (11.81%), Manganese: 0.24mg (11.8%), Fiber: 2.8g (11.19%), Vitamin E: 1.66mg (11.05%), Vitamin B1: 0.17mg (11.01%), Folate: 40.71µg (10.18%), Vitamin B2: 0.16mg (9.31%), Iron: 1.48mg (8.24%), Phosphorus: 78.3mg (7.83%), Copper: 0.16mg (7.76%), Vitamin C: 6.15mg (7.45%), Potassium: 225.71mg (6.45%), Calcium: 59.48mg (5.95%), Vitamin K: 5.9µg (5.61%), Magnesium: 19.43mg (4.86%), Vitamin B5: 0.49mg (4.85%), Zinc: 0.66mg (4.42%), Vitamin B6: 0.07mg (3.54%), Vitamin B12: 0.1µg (1.62%)