



Triple-Crust Peach Cobbler

 Dairy Free

READY IN



98 min.

SERVINGS



12

CALORIES



379 kcal

DESSERT

Ingredients

- ☐ 11 oz pie crust dough
- ☐ 1 cup water cold
- ☐ 1.5 cups sugar
- ☐ 0.8 cup butter melted
- ☐ 2 teaspoons nutmeg
- ☐ 2 teaspoons ground cinnamon
- ☐ 2 teaspoons vanilla
- ☐ 2 teaspoons lemon extract

☐ 58 ounces peaches undrained sliced canned

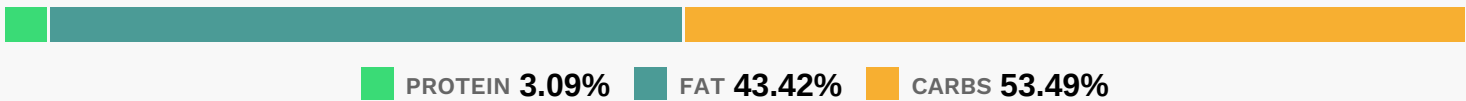
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 350°F. Stir 1 package pie crust mix and 1/3 cup of the cold water until mixture forms a ball. Flatten ball; roll into rectangle, 11x8 inches.
- ☐ Cut into 4 strips, 11x2 inches each.
- ☐ Place strips on ungreased cookie sheet; bake 18 minutes. Set aside.
- ☐ Stir 1 package pie crust mix and 1/3 cup of the cold water until mixture forms a ball. Flatten ball; roll to fit bottom and sides of ungreased rectangular baking dish, 13x9x2 inches.
- ☐ Place in dish; set aside.
- ☐ Stir together sugar, butter, nutmeg, cinnamon, vanilla, lemon extract and peaches in large bowl.
- ☐ Pour half of mixture in baking dish. Arrange the 4 pastry strips on top.
- ☐ Pour remaining half of peach mixture on top.
- ☐ Stir 1 package pie crust mix and remaining 1/3 cup cold water until mixture forms a ball. Flatten ball; roll to fit on top of mixture in baking dish.
- ☐ Cut several holes or slits in crust.
- ☐ Place crust on top of mixture in baking dish; seal to edges of dish.
- ☐ Bake about 1 hour or until crust is golden brown. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:15.45, Glycemic Load:22.27, Inflammation Score:-6, Nutrition Score:6.1847826702439%

Flavonoids

Cyanidin: 2.63mg, Cyanidin: 2.63mg, Cyanidin: 2.63mg, Cyanidin: 2.63mg Catechin: 6.74mg, Catechin: 6.74mg, Catechin: 6.74mg, Catechin: 6.74mg Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg Epicatechin: 3.21mg, Epicatechin: 3.21mg, Epicatechin: 3.21mg, Epicatechin: 3.21mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 379.06kcal (18.95%), Fat: 18.77g (28.88%), Saturated Fat: 4.6g (28.77%), Carbohydrates: 52.02g (17.34%), Net Carbohydrates: 49.07g (17.84%), Sugar: 36.63g (40.7%), Cholesterol: 0mg (0%), Sodium: 259.27mg (11.27%), Alcohol: 0.23g (100%), Alcohol %: 0.13% (100%), Protein: 3.01g (6.02%), Vitamin A: 955.76IU (19.12%), Manganese: 0.27mg (13.44%), Fiber: 2.95g (11.81%), Vitamin E: 1.57mg (10.45%), Vitamin B3: 1.82mg (9.1%), Vitamin B1: 0.11mg (7.14%), Vitamin C: 5.67mg (6.87%), Copper: 0.14mg (6.82%), Folate: 26.83µg (6.71%), Iron: 1.19mg (6.63%), Selenium: 4.52µg (6.46%), Vitamin K: 6.11µg (5.82%), Potassium: 202.42mg (5.78%), Vitamin B2: 0.1mg (5.74%), Phosphorus: 53.08mg (5.31%), Magnesium: 16.37mg (4.09%), Vitamin B5: 0.33mg (3.28%), Zinc: 0.45mg (3%), Vitamin B6: 0.05mg (2.49%), Calcium: 19.54mg (1.95%)