



Tropical Peach Cobbler

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



179 kcal

DESSERT

Ingredients

- 1 lb peaches frozen thawed drained sliced
- 0.5 cup sugar
- 1 tablespoon cornstarch
- 1 teaspoon ground cinnamon
- 0.5 cup milk
- 3 tablespoons butter melted
- 2 tablespoons sugar
- 0.5 cup fruit jell-o® mix dried

1.8 cups frangelico

Equipment

bowl

oven

glass baking pan

Directions

Heat oven to 375°F. Spray bottom and side of 9-inch deep-dish pie plate or 8-inch square (2-quart) glass baking dish with cooking spray.

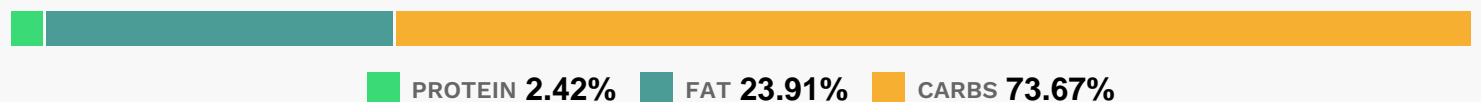
In medium bowl, mix peaches, 1/2 cup sugar, the cornstarch and cinnamon. Spoon into pie plate.

In same bowl, stir remaining ingredients until dough forms. Drop dough by 8 spoonfuls onto peach mixture.

Bake 35 to 40 minutes or until fruit is bubbly and topping is deep golden brown and thoroughly baked. Spoon into individual serving dishes, peach side up.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:27.93, Glycemic Load:13.06, Inflammation Score:-3, Nutrition Score:2.6630434678948%

Flavonoids

Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 179.32kcal (8.97%), Fat: 4.92g (7.57%), Saturated Fat: 1.17g (7.33%), Carbohydrates: 34.11g (11.37%), Net Carbohydrates: 32.49g (11.81%), Sugar: 28.05g (31.16%), Cholesterol: 1.83mg (0.61%), Sodium: 71.52mg (3.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.24%), Vitamin A: 409.31IU (8.19%), Fiber: 1.63g (6.51%), Calcium: 44.95mg (4.49%), Manganese: 0.08mg (4%), Vitamin E: 0.59mg (3.93%), Vitamin C: 2.7mg (3.27%), Iron: 0.57mg (3.16%), Phosphorus: 29.37mg (2.94%), Potassium: 95.67mg (2.73%), Vitamin B2: 0.04mg (2.57%), Vitamin B3: 0.48mg (2.39%), Copper: 0.05mg (2.34%), Selenium: 1.61µg (2.3%), Vitamin K: 1.82µg (1.74%), Magnesium: 6.7mg (1.68%), Vitamin B1: 0.02mg (1.52%), Vitamin B5: 0.15mg (1.49%), Vitamin B12: 0.09µg (1.46%), Zinc: 0.2mg (1.33%), Vitamin B6: 0.02mg (1.22%), Vitamin D: 0.17µg (1.12%)