



You-"CAN"-Do-It Peach Cobbler

READY IN



5 min.

SERVINGS



5

CALORIES



47 kcal

DESSERT

Ingredients

- 1 Tbsp planters almonds sliced
- 1 tsp brown sugar
- 4 oz peaches drained canned
- 2 chewy fig-filled cookies chopped

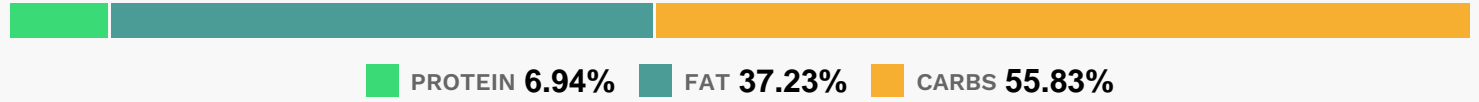
Equipment

- bowl
- microwave

Directions

- Place peaches in small microwavable bowl. Top with remaining ingredients.
- Microwave on HIGH 30 seconds. Cool slightly.

Nutrition Facts



Properties

Glycemic Index:10.05, Glycemic Load:0.8, Inflammation Score:-1, Nutrition Score:1.50130436861%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 46.72kcal (2.34%), Fat: 2.02g (3.11%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 6.81g (2.27%), Net Carbohydrates: 6.15g (2.24%), Sugar: 4.5g (5%), Cholesterol: 0mg (0%), Sodium: 21.77mg (0.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.69%), Vitamin E: 0.75mg (5.03%), Manganese: 0.07mg (3.7%), Fiber: 0.66g (2.65%), Vitamin B2: 0.04mg (2.44%), Copper: 0.04mg (2.2%), Magnesium: 7.94mg (1.99%), Vitamin B3: 0.38mg (1.93%), Phosphorus: 18.24mg (1.82%), Vitamin A: 73.96IU (1.48%), Vitamin B1: 0.02mg (1.47%), Iron: 0.26mg (1.46%), Potassium: 47.55mg (1.36%), Folate: 4.65µg (1.16%), Vitamin C: 0.93mg (1.13%), Selenium: 0.71µg (1.01%)