

Magic Peach Cobbler

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Servings: 6

1/2 cup (one stick) butter
1 cup self-rising flour
1 cup sugar
1 cup milk
1 teaspoon vanilla extract
4 cups peaches, sliced and peeled

Preheat the oven to 350 degrees.

Melt the butter in a two-quart baking dish.

In a bowl, combine the flour, sugar, milk and vanilla. Pour over the butter. Do not stir.

Spoon the peaches over the batter. Do not stir.

Bake about 40 minutes.

Per Serving (excluding unknown items): 346 Calories; 9g Fat (23.7% calories from fat); 4g Protein; 63g Carbohydrate; 3g Dietary Fiber; 26mg Cholesterol; 363mg Sodium. Exchanges: 1 Grain(Starch); 1 Fruit; 0 Non-Fat Milk; 2 Fat; 2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	346
% Calories from Fat:	23.7%
% Calories from Carbohydrates:	71.5%
% Calories from Protein:	4.8%
Total Fat (g):	9g
Saturated Fat (g):	6g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	26mg
Carbohydrate (g):	63g
Dietary Fiber (g):	3g
Protein (g):	4g
Sodium (mg):	363mg
Potassium (mg):	312mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	15mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	2
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	0
Fruit:	1

Calcium (mg): 127mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 8mg
Vitamin A (i.u.): 943IU
Vitamin A (r.e.): 148RE

Non-Fat Milk: 0
Fat: 2
Other Carbohydrates: 2

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 346 Calories from Fat: 82

% Daily Values*

Total Fat	9g	14%
	Saturated Fat 6g	28%
Cholesterol	26mg	9%
Sodium	363mg	15%
Total Carbohydrates	63g	21%
	Dietary Fiber 3g	12%
Protein	4g	

Vitamin A	19%
Vitamin C	13%
Calcium	13%
Iron	6%

** Percent Daily Values are based on a 2000 calorie diet.*