



Cantaloupe Conserve

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



777 kcal

SIDE DISH

Ingredients

- 4 cups cantaloupe diced ripe
- 6 cups granulated sugar
- 0.3 cup juice of lemon freshly squeezed
- 1 pouch liquid pectin
- 0.3 teaspoon nutmeg
- 1 small orange zest freshly grated
- 4 cups peaches ripe peeled chopped
- 0.5 cup slivered almonds coarsely chopped

Equipment

- frying pan
- sauce pan
- ladle
- pot
- kitchen thermometer
- candy thermometer

Directions

- If you are going to preserve the conserve, prepare the jars and lids: place six half-pint jars on a rack in a large pot.
- Add enough water to cover the jars, and bring to boil over high heat. Boil for 10 minutes, then turn off heat and allow the jars to rest in the hot water. Meanwhile, put bands and lids in a small saucepan and cover with water.
- Heat over medium heat until the water is simmering, then remove the pan from heat and allow the bands and lids to rest in hot water until ready to use.
- Combine cantaloupe and peaches in a large, heavy-bottomed pot. Bring to a boil, then reduce heat and simmer for 20 minutes, stirring frequently and mashing the fruit with the back of a fork or spoon.
- Add the sugar and lemon juice and return the mixture to a simmer. Clip a candy thermometer to the side of the pot and cook, stirring frequently, until the mixture has thickened and reduced slightly, and the thermometer reaches 220°F, about 45 minutes.
- Stir in nutmeg and orange zest, then stir in pectin. Bring the mixture back to a boil and boil hard for one minute.
- Remove the pot from the heat and skim any foam from the surface with a metal spoon. Stir in almonds.
- Ladle the hot conserve into hot sterilized jars, leaving 1/4-inch headspace. Wipe rims of the jars, cover with lids, and screw bands on until just barely tight.
- Place jars on rack in pot and cover completely with water. Cover pot and bring to a boil over high heat. Boil for 10 minutes. Turn off heat, uncover pot, and allow jars to rest in water for five minutes.

Remove jars from pot and allow them to rest undisturbed on countertop for six hours or overnight.

Nutrition Facts

 PROTEIN 1.59%  FAT 5.35%  CARBS 93.06%

Properties

Glycemic Index:36.83, Glycemic Load:127.35, Inflammation Score:-9, Nutrition Score:10.376521680666%

Flavonoids

Cyanidin: 1.88mg, Cyanidin: 1.88mg, Cyanidin: 1.88mg, Cyanidin: 1.88mg Catechin: 4.43mg, Catechin: 4.43mg, Catechin: 4.43mg, Catechin: 4.43mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 776.68kcal (38.83%), Fat: 4.85g (7.46%), Saturated Fat: 0.38g (2.37%), Carbohydrates: 189.83g (63.28%), Net Carbohydrates: 186.58g (67.85%), Sugar: 186.25g (206.94%), Cholesterol: 0mg (0%), Sodium: 40.81mg (1.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.49%), Vitamin A: 3386.87IU (67.74%), Vitamin C: 19.28mg (23.37%), Vitamin E: 2.68mg (17.87%), Manganese: 0.28mg (13.87%), Fiber: 3.24g (12.97%), Copper: 0.24mg (12.08%), Vitamin B2: 0.18mg (10.32%), Magnesium: 40.78mg (10.2%), Potassium: 323.74mg (9.25%), Vitamin B3: 1.65mg (8.24%), Phosphorus: 73.22mg (7.32%), Selenium: 4.77µg (6.82%), Folate: 23.79µg (5.95%), Zinc: 0.87mg (5.82%), Iron: 1.04mg (5.79%), Vitamin B1: 0.09mg (5.74%), Vitamin K: 5.11µg (4.87%), Vitamin B6: 0.08mg (3.81%), Calcium: 37.63mg (3.76%), Vitamin B5: 0.29mg (2.87%)