

Chunky Peach Spread

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



28

CALORIES



24 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 envelope gelatin powder unflavored
- 1 tablespoon juice of lemon
- 2 pounds peaches
- 0.3 cup sugar
- 0.3 cup water cold

Equipment

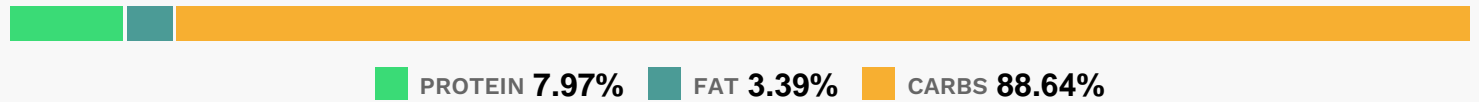
- bowl
- sauce pan

- knife
- tongs

Directions

- Fill a large saucepan two-thirds full with water; bring to a boil.
- Cut a shallow "X" on the bottom of each peach. Using tongs, place peaches, a few at a time, in boiling water for 30–60 seconds or just until skin at the "X" begins to loosen.
- Remove peaches and immediately drop into ice water. Pull off skins with tip of a knife; discard skins. Chop peaches.
- In a small bowl, sprinkle gelatin over cold water; let stand 1 minute. Meanwhile, in a large saucepan, combine peaches, sugar and lemon juice; bring to a boil. Mash peaches. Reduce heat; simmer, uncovered, 5 minutes.
- Add gelatin mixture; cook 1 minute longer, stirring until gelatin is completely dissolved. Cool 10 minutes.
- Pour into jars. Refrigerate, covered, up to 3 weeks.

Nutrition Facts



Properties

Glycemic Index:3.94, Glycemic Load:2.78, Inflammation Score:-1, Nutrition Score:0.86739129605501%

Flavonoids

Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 23.73kcal (1.19%), Fat: 0.1g (0.15%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 5.68g (1.89%), Net Carbohydrates: 5.19g (1.89%), Sugar: 5.11g (5.68%), Cholesterol: 0mg (0%), Sodium: 4.84mg (0.21%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.51g (1.02%), Vitamin A: 105.65IU (2.11%), Fiber: 0.49g (1.95%), Vitamin C: 1.54mg (1.86%), Vitamin E: 0.24mg (1.58%), Copper: 0.03mg (1.56%), Vitamin B3: 0.26mg (1.31%), Potassium: 40.17mg (1.15%), Selenium: 0.79µg (1.13%), Manganese: 0.02mg (1.01%)