



Cook the Book: Pickled Ginger Peaches



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1062 kcal

SIDE DISH

Ingredients

- ☐ 2 cinnamon sticks
- ☐ 2 inch ginger sliced into coins
- ☐ 1 teaspoon ground allspice
- ☐ 2 cups ice cubes
- ☐ 5 pounds peaches (10-12)
- ☐ 4 cups sugar
- ☐ 2 quarts water cold
- ☐ 4 cups vinegar white

Equipment

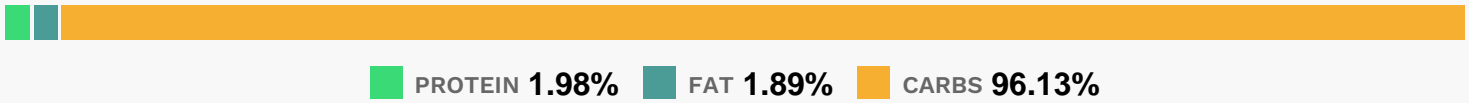
- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ knife
- ☐ pot
- ☐ canning jar

Directions

- ☐ In a large nonreactive bowl, cooler, or your impeccably clean kitchen sink, create an antibrowning ascorbic-acid bath by dissolving the crushed vitamin C tablets in the cold water.
- ☐ Add the ice.
- ☐ Bring a large pot of water to a boil. Working in batches of 2 peaches at a time, blanch the fruit in the boiling water for 30 seconds to loosen the skins.
- ☐ Scoop the peaches out of the water and plunge them into the prepared ice water. Repeat with the remaining peaches.
- ☐ Drain. Using a small paring knife, peel, pit, and halve the peaches, returning them to the ice bath as you go.
- ☐ Bring the vinegar, sugar, ginger, cinnamon, allspice, and cloves to a boil in a large nonreactive saucepan, stirring to dissolve the sugar.
- ☐ Add the drained peaches, return to a boil, and then reduce the heat and simmer until tender, about 10 minutes.
- ☐ Refrigerate: Ladle into bowls or jars. Cool, cover, and refrigerate for up to 3 weeks. Can: Use the boiling-water method. Ladle into clean, hot quart canning jars, covering the peaches by 1/2 inch with liquid. Leave 1/2 inch of headspace between the top of the liquid and the lid. Screw lids on the jars temporarily. Gently swirl each jar to release trapped air bubbles.
- ☐ Remove the lids and add syrup, if necessary, to achieve proper headspace. Wipe the rims clean; center lids on the jars and screw on jar bands. Process for 20 minutes. Turn off heat, remove canner lid, and let jars rest in the water for 5 minutes.

Remove jars and set aside for 24 hours. Check seals, then store in a cool, dark place for up to 1 year.

Nutrition Facts



Properties

Glycemic Index:48.84, Glycemic Load:159.44, Inflammation Score:-9, Nutrition Score:16.924347773842%

Flavonoids

Cyanidin: 10.89mg, Cyanidin: 10.89mg, Cyanidin: 10.89mg, Cyanidin: 10.89mg Catechin: 27.9mg, Catechin: 27.9mg, Catechin: 27.9mg, Catechin: 27.9mg Epigallocatechin: 5.9mg, Epigallocatechin: 5.9mg, Epigallocatechin: 5.9mg, Epigallocatechin: 5.9mg Epicatechin: 13.27mg, Epicatechin: 13.27mg, Epicatechin: 13.27mg, Epicatechin: 13.27mg Epigallocatechin 3-gallate: 1.7mg, Epigallocatechin 3-gallate: 1.7mg, Epigallocatechin 3-gallate: 1.7mg, Epigallocatechin 3-gallate: 1.7mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 1062.47kcal (53.12%), Fat: 2.26g (3.48%), Saturated Fat: 0.13g (0.84%), Carbohydrates: 258.96g (86.32%), Net Carbohydrates: 249.35g (90.67%), Sugar: 247.37g (274.86%), Cholesterol: 0mg (0%), Sodium: 111.4mg (4.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.32g (10.65%), Manganese: 0.82mg (41.12%), Fiber: 9.61g (38.45%), Vitamin A: 1856.25IU (37.13%), Copper: 0.58mg (29.14%), Vitamin C: 23.68mg (28.71%), Vitamin E: 4.19mg (27.92%), Vitamin B3: 4.63mg (23.17%), Potassium: 728.12mg (20.8%), Selenium: 14.47µg (20.68%), Vitamin K: 17.56µg (16.72%), Magnesium: 57.05mg (14.26%), Phosphorus: 137.81mg (13.78%), Iron: 2.31mg (12.81%), Vitamin B2: 0.22mg (12.71%), Zinc: 1.46mg (9.72%), Vitamin B1: 0.14mg (9.19%), Vitamin B5: 0.88mg (8.81%), Folate: 34.69µg (8.67%), Calcium: 79.12mg (7.91%), Vitamin B6: 0.15mg (7.56%)