

Creole Nectarines

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



1456 kcal

SIDE DISH

Ingredients

- 1 large dates pitted
- 2 tablespoons juice of lemon
- 10 pounds nectarines firm
- 1 large pecans
- 9 cups sugar

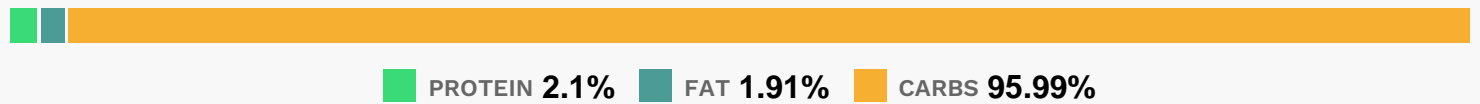
Equipment

- oven
- dutch oven

Directions

- Scald, peel and pit the nectarines. In place of the pits, substitute 1 date and 1 pecan half for each nectarine, pressing the nectarine halves together. Cook the lemon juice and 1/4 of the sugar in a large Dutch oven over medium heat, stirring constantly, until the sugar is melted.
- Remove from the heat, pack the nectarines in the syrup and pour the remaining sugar over them.
- Bake, covered, in a 250° oven for 1 hour. Uncover and bake for 2 hours longer, covering if the syrup evaporates too quickly. (There should be approximately 4 cups syrup, enough to cover the fruit when it is packed in the jars.) Carefully lower the fruit into hot, sterilized preserving jars, using 2 spoons to keep the nectarine halves together.
- Pour in the juices, cover and seal.

Nutrition Facts



Properties

Glycemic Index:29.18, Glycemic Load:234.8, Inflammation Score:-9, Nutrition Score:18.698695685553%

Flavonoids

Cyanidin: 16.15mg, Cyanidin: 16.15mg, Cyanidin: 16.15mg, Cyanidin: 16.15mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 22.55mg, Catechin: 22.55mg, Catechin: 22.55mg, Catechin: 22.55mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 19.2mg, Epicatechin: 19.2mg, Epicatechin: 19.2mg, Epicatechin: 19.2mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg

Nutrients (% of daily need)

Calories: 1455.84kcal (72.79%), Fat: 3.26g (5.02%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 369.45g (123.15%), Net Carbohydrates: 357.98g (130.18%), Sugar: 359.92g (399.91%), Cholesterol: 0mg (0%), Sodium: 101.35mg (4.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.08g (16.16%), Vitamin A: 2510.43IU (50.21%), Fiber: 11.47g (45.88%), Vitamin B3: 8.49mg (42.45%), Copper: 0.65mg (32.35%), Vitamin E: 4.62mg (30.82%), Vitamin C: 23.87mg (28.93%), Potassium: 1010.1mg (28.86%), Manganese: 0.43mg (21.72%), Phosphorus: 198.33mg (19.83%), Vitamin B1: 0.26mg (17.36%), Magnesium: 69.12mg (17.28%), Vitamin B2: 0.26mg (15.47%), Vitamin K: 15.16µg (14.44%), Vitamin B5: 1.41mg (14.14%), Iron: 2.44mg (13.55%), Folate: 46.63µg (11.66%), Zinc: 1.63mg (10.89%),

Vitamin B6: 0.19mg (9.69%), Selenium: 1.85µg (2.64%), Calcium: 19.04mg (1.9%)