



Georgia Peach Honey



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



221 kcal

SIDE DISH

Ingredients

- ☐ 1 cup honey
- ☐ 0.8 cup peach jam
- ☐ 0.3 cup orange juice

Equipment

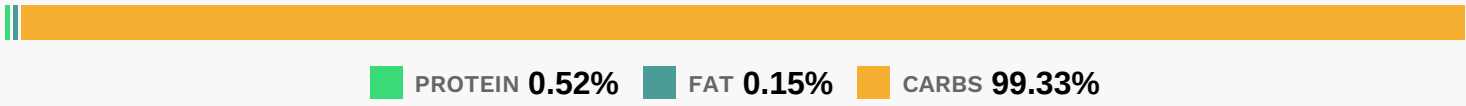
- ☐ bowl
- ☐ funnel

Directions

☐

Combine all ingredients in a medium bowl, stirring until blended. Using a wide-mouthed funnel, transfer to a bottle; seal.

Nutrition Facts



Properties

Glycemic Index:19.91, Glycemic Load:30.5, Inflammation Score:-1, Nutrition Score:1.3534782792077%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 220.92kcal (11.05%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0.03%), Carbohydrates: 57.68g (19.23%), Net Carbohydrates: 57.23g (20.81%), Sugar: 50.9g (56.56%), Cholesterol: 0mg (0%), Sodium: 11.97mg (0.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.6%), Vitamin C: 6.89mg (8.35%), Copper: 0.05mg (2.53%), Vitamin B2: 0.04mg (2.51%), Manganese: 0.05mg (2.39%), Iron: 0.35mg (1.94%), Fiber: 0.45g (1.8%), Potassium: 62.08mg (1.77%), Folate: 6.68µg (1.67%), Selenium: 0.98µg (1.41%)