



Ginger-Pear Preserves

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



64

CALORIES



60 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1.8 pounds purée of usa bartlett pear ripe cubed
- ☐ 1 tablespoons ginger fresh grated peeled
- ☐ 0.8 cup optional: lemon seeded chopped (1 large)
- ☐ 0.3 cup pear liqueur
- ☐ 4 cups sugar
- ☐ 0.5 cup water

Equipment

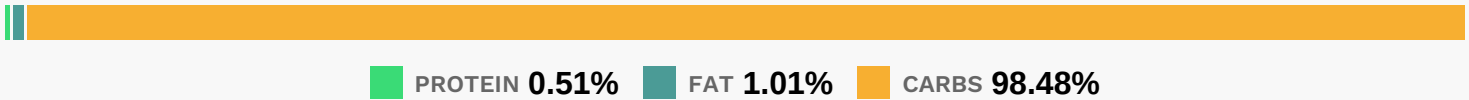
- ☐ sauce pan

☐ wire rack

Directions

- ☐ Combine first 4 ingredients in a large saucepan. Stir in sugar and water; bring to a boil. Reduce heat, and simmer 15 minutes.
- ☐ Remove from heat; cover and let stand 12 hours (do not refrigerate).
- ☐ Bring to a boil, uncovered, over high heat. Reduce heat, and simmer 1 hour and 15 minutes or until thick, stirring occasionally.
- ☐ Place 1 cup preserves into each of 4 sterilized (8-ounce) jars. Cover with lids, and cool upside down on a wire rack. Chill.
- ☐ Note: Preserves will keep in the refrigerator for up to six weeks.

Nutrition Facts



Properties

Glycemic Index:2.37, Glycemic Load:9.38, Inflammation Score:-1, Nutrition Score:0.37000000347262%

Flavonoids

Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 60.15kcal (3.01%), Fat: 0.07g (0.1%), Saturated Fat: 0g (0.01%), Carbohydrates: 14.93g (4.98%), Net Carbohydrates: 14.47g (5.26%), Sugar: 14.1g (15.67%), Cholesterol: 0mg (0%), Sodium: 0.41mg (0.02%), Alcohol: 0.37g (100%), Alcohol %: 1.56% (100%), Protein: 0.08g (0.16%), Vitamin C: 1.87mg (2.26%), Fiber: 0.46g (1.82%)