



Golden Fruit Conserve



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1549 kcal

SIDE DISH

Ingredients

- ☐ 1 cup almonds sliced
- ☐ 0.5 pound apricots ripe (4)
- ☐ 1.8 oz ball fruit jell pectin dry
- ☐ 1 cup golden raisins
- ☐ 0.3 cup juice of lemon
- ☐ 1 pound nectarines ripe (3)
- ☐ 1.8 pounds peaches ripe peeled (5) (see notes)
- ☐ 5.8 cups sugar

- ☐ 4 servings canning instructions
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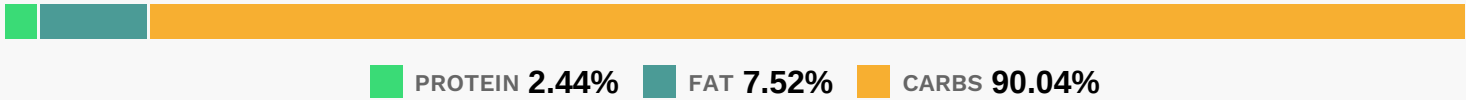
Equipment

- ☐ frying pan

Directions

- ☐ Follow steps 1 through 4 of Canning Instructions, using four pint-size jars.
- ☐ Pit and coarsely chop peaches, nectarines, and apricots; you should have 6 to 7 cups total.
- ☐ In an 8- to 10-quart pan, combine fruit, raisins, lemon juice, butter (if using), and pectin. Bring to a rolling boil over high heat, stirring often. Stir in sugar; when mixture returns to a boil, stir for exactly 4 minutes if using MCP pectin (1 minute if using Sure-Jell or Ball Fruit Jelly).
- ☐ Remove from heat.
- ☐ Skim and discard any foam.
- ☐ Add rum (if using) and almonds. Stir occasionally for 5 minutes to distribute fruit and nuts.
- ☐ Follow steps 5 through 11 of Canning Instructions, leaving 1/4 inch of headspace in each jar and processing jars for 5 minutes (see notes).

Nutrition Facts



Properties

Glycemic Index:65.42, Glycemic Load:229.19, Inflammation Score:-9, Nutrition Score:21.433478231015%

Flavonoids

Cyanidin: 6.79mg, Cyanidin: 6.79mg, Cyanidin: 6.79mg, Cyanidin: 6.79mg Catechin: 15.52mg, Catechin: 15.52mg, Catechin: 15.52mg, Catechin: 15.52mg Epigallocatechin: 2.66mg, Epigallocatechin: 2.66mg, Epigallocatechin: 2.66mg, Epigallocatechin: 2.66mg Epicatechin: 10.35mg, Epicatechin: 10.35mg, Epicatechin: 10.35mg, Epicatechin: 10.35mg Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg

Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 1549.09kcal (77.45%), Fat: 13.72g (21.11%), Saturated Fat: 1g (6.23%), Carbohydrates: 369.51g (123.17%), Net Carbohydrates: 358.24g (130.27%), Sugar: 340.73g (378.59%), Cholesterol: 0mg (0%), Sodium: 73.57mg (3.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.01g (20.03%), Vitamin E: 8.61mg (57.38%), Fiber: 11.26g (45.06%), Manganese: 0.89mg (44.29%), Vitamin A: 2117.26IU (42.35%), Copper: 0.74mg (36.8%), Vitamin C: 26.12mg (31.67%), Vitamin B2: 0.51mg (30.08%), Potassium: 1004.08mg (28.69%), Magnesium: 107.88mg (26.97%), Phosphorus: 240.37mg (24.04%), Vitamin B3: 4.48mg (22.38%), Iron: 3.23mg (17.97%), Vitamin B6: 0.27mg (13.39%), Zinc: 1.74mg (11.59%), Vitamin K: 11.36µg (10.82%), Vitamin B1: 0.16mg (10.61%), Calcium: 103.62mg (10.36%), Selenium: 7.17µg (10.24%), Folate: 39.21µg (9.8%), Vitamin B5: 0.85mg (8.48%)