



Honey-Spiced Peaches



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



733 kcal

SIDE DISH

Ingredients

- ☐ 3 sticks cinnamon
- ☐ 2 cups honey
- ☐ 8 pounds peaches
- ☐ 1 cup sugar
- ☐ 4 cups water
- ☐ 1.5 teaspoons allspice whole

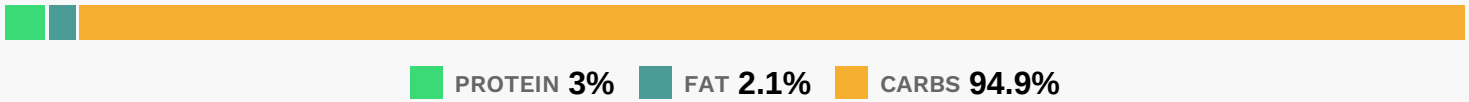
Equipment

- ☐ ladle

Directions

- ☐ Prepare boiling water canner.
- ☐ Heat jars and lids in simmering water until ready to use. Do not boil. Set bands aside.
- ☐ Wash, peel and pit peaches. Leave peaches in halves or cut into slices, if desired. Treat fruit to prevent browning.
- ☐ Combine sugar, water and honey. Cook until sugar dissolves.
- ☐ Add peaches in syrup one layer at a time and cook for 3 minutes.
- ☐ Pack hot peaches into hot jars leaving 1/2 inch headspace.
- ☐ Add 1/2 tsp allspice, 1/4 tsp cloves and 1 stick cinnamon to each jar.
- ☐ Ladle hot syrup over peaches leaving 1/2 inch headspace.
- ☐ Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.
- ☐ Process filled jars in a boiling water canner for 25 minutes, adjusting for altitude.
- ☐ Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

Nutrition Facts



Properties

Glycemic Index:30.44, Glycemic Load:92.88, Inflammation Score:-9, Nutrition Score:17.844347912332%

Flavonoids

Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg Catechin: 29.76mg, Catechin: 29.76mg, Catechin: 29.76mg, Catechin: 29.76mg Epigallocatechin: 6.29mg, Epigallocatechin: 6.29mg, Epigallocatechin: 6.29mg, Epigallocatechin: 6.29mg Epicatechin: 14.15mg, Epicatechin: 14.15mg, Epicatechin: 14.15mg, Epicatechin: 14.15mg Epigallocatechin 3-gallate: 1.81mg, Epigallocatechin 3-gallate: 1.81mg, Epigallocatechin 3-gallate: 1.81mg, Epigallocatechin 3-gallate: 1.81mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 733.43kcal (36.67%), Fat: 1.87g (2.87%), Saturated Fat: 0.15g (0.95%), Carbohydrates: 189.69g (63.23%), Net Carbohydrates: 179.2g (65.16%), Sugar: 176.82g (196.47%), Cholesterol: 0mg (0%), Sodium: 92.49mg (4.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.99g (11.97%), Fiber: 10.49g (41.97%), Manganese: 0.8mg (40.13%), Vitamin A: 1983.43IU (39.67%), Vitamin C: 25.91mg (31.41%), Vitamin E: 4.46mg (29.7%), Copper: 0.55mg (27.64%), Vitamin B3: 5.07mg (25.35%), Potassium: 817.68mg (23.36%), Selenium: 13.89µg (19.85%), Vitamin K: 18.69µg (17.8%), Iron: 2.78mg (15.45%), Vitamin B2: 0.24mg (14.01%), Phosphorus: 140.09mg (14.01%), Magnesium: 54.93mg (13.73%), Zinc: 1.7mg (11.35%), Vitamin B5: 1.01mg (10.08%), Vitamin B1: 0.15mg (9.79%), Folate: 39.1µg (9.77%), Vitamin B6: 0.18mg (9.18%), Calcium: 61.72mg (6.17%)