



How to Make Peach Preserves



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



120 min.

SERVINGS



8

CALORIES



551 kcal

CONDIMENT

DIP

SPREAD

Ingredients



12 peaches fresh pitted chopped



2 ounce pectin dry



4.5 cups sugar white

Equipment



bowl



frying pan

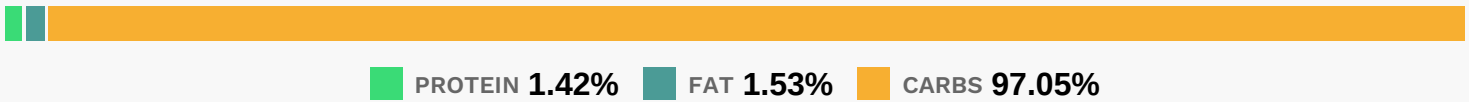


sauce pan

Directions

- ☐ Crush 1 cup chopped peaches in the bottom of a large saucepan.
- ☐ Add remaining peaches, and set pan over medium-low heat. Bring to a low boil, and cook for about 20 minutes or until peaches become liquid (my family likes a few bits of peach left) .
- ☐ Pour peaches into a bowl, and then measure 6 cups back into the pan.
- ☐ Add sugar, and bring to a boil over medium heat. Gradually stir in dry pectin, and boil for 1 minute.
- ☐ Remove from heat after 1 minute, and transfer to sterilized jars. Process in hot water bath canner for 10 minutes.
- ☐ Let cool, and place on shelf.

Nutrition Facts



Properties

Glycemic Index:13.79, Glycemic Load:86.33, Inflammation Score:-5, Nutrition Score:6.1217391179956%

Flavonoids

Cyanidin: 4.32mg, Cyanidin: 4.32mg, Cyanidin: 4.32mg, Cyanidin: 4.32mg Catechin: 11.07mg, Catechin: 11.07mg, Catechin: 11.07mg, Catechin: 11.07mg Epigallocatechin: 2.34mg, Epigallocatechin: 2.34mg, Epigallocatechin: 2.34mg, Epigallocatechin: 2.34mg Epicatechin: 5.26mg, Epicatechin: 5.26mg, Epicatechin: 5.26mg, Epicatechin: 5.26mg Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 550.66kcal (27.53%), Fat: 0.99g (1.52%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 141.18g (47.06%), Net Carbohydrates: 137.2g (49.89%), Sugar: 131.15g (145.73%), Cholesterol: 0mg (0%), Sodium: 44.55mg (1.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Fiber: 3.98g (15.94%), Vitamin A: 733.71IU (14.67%), Vitamin C: 9.23mg (11.18%), Vitamin E: 1.64mg (10.95%), Copper: 0.21mg (10.66%), Vitamin B3: 1.81mg (9.07%), Potassium: 277.25mg (7.92%), Selenium: 5.4µg (7.71%), Manganese: 0.15mg (7.34%), Vitamin K: 6.75µg (6.43%), Iron: 1.01mg (5.63%), Vitamin B2: 0.1mg (5.61%), Phosphorus: 49.64mg (4.96%), Magnesium: 18.07mg (4.52%), Zinc: 0.56mg (3.75%), Vitamin B1: 0.05mg (3.64%), Vitamin B5: 0.35mg (3.52%), Folate: 13.57µg (3.39%), Vitamin B6: 0.06mg (2.85%), Calcium: 10.62mg (1.06%)