



Jalapeño-Spiked Cherry Preserves



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



72 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.7 cup cider vinegar
- ☐ 1 Dash ground cloves
- ☐ 1 large apples i use 2 granny smith apples cored chopped
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.5 teaspoons ground ginger
- ☐ 1 Dash ground nutmeg
- ☐ 4 jalapeño peppers sliced
- ☐ 1 Dash salt

- ☐ 2 cups sugar
- ☐ 2 pounds cherries sweet pitted coarsely chopped
- ☐ 1.5 cups water

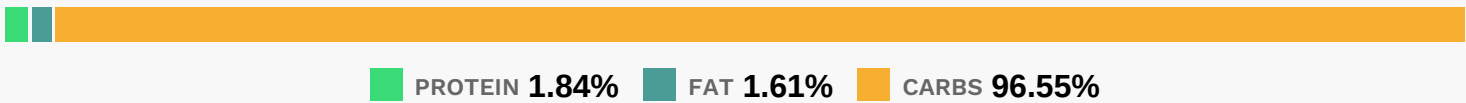
Equipment

- ☐ sauce pan

Directions

- ☐ Combine all ingredients in a large, heavy saucepan; bring to a boil. Reduce heat, and simmer until slightly thick and reduced to 4 cups (about 50 minutes), skimming foam from surface of mixture occasionally. Cool; pour into an airtight container. (
- ☐ Mixture will thicken as it cools.) Cover and chill.
- ☐ Note: Refrigerate preserves in an airtight container for up to three weeks.

Nutrition Facts



Properties

Glycemic Index:8.47, Glycemic Load:9.89, Inflammation Score:-1, Nutrition Score:1.1969565179037%

Flavonoids

Cyanidin: 8.67mg, Cyanidin: 8.67mg, Cyanidin: 8.67mg, Cyanidin: 8.67mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.43mg, Peonidin: 0.43mg, Peonidin: 0.43mg, Peonidin: 0.43mg Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.94mg, Epicatechin: 1.94mg, Epicatechin: 1.94mg, Epicatechin: 1.94mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 71.8kcal (3.59%), Fat: 0.13g (0.21%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 18.24g (6.08%), Net Carbohydrates: 17.38g (6.32%), Sugar: 16.93g (18.82%), Cholesterol: 0mg (0%), Sodium: 2.38mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.7%), Vitamin C: 4.38mg (5.31%), Manganese: 0.09mg (4.66%), Fiber: 0.86g (3.43%), Potassium: 80.42mg (2.3%), Vitamin B6: 0.02mg (1.24%), Copper: 0.02mg (1.19%), Magnesium: 4.45mg (1.11%), Vitamin K: 1.13µg (1.07%)