



Lord Grey's Peach Preserves



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



2020 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 5 pounds peaches ripe
- ☐ 4 cups sugar
- ☐ 5 tea divided

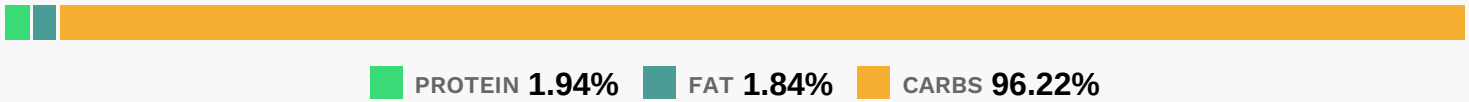
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ Cut a small, shallow X in the bottom of each peach. Working in batches, blanch in a large pot of boiling water until skin loosens, about 1 minute.
- ☐ Transfer to a large bowl of ice water; let cool. Peel, halve, and pit.
- ☐ Cut into 1/3" slices.
- ☐ Combine with sugar and juice in a large bowl.
- ☐ Let stand for 30 minutes.
- ☐ Place a small plate in freezer.
- ☐ Transfer fruit mixture and 4 tea bags to a large heavy pot. Open the remaining tea bag; crumble leaves slightly; add to pot. Bring to a boil, stirring gently, and cook 15–20 minutes. Test doneness by scooping a small spoonful onto chilled plate and tilting plate. (Preserves are ready if they don't run.)
- ☐ Remove tea bags. Skim foam from the surface of jam. Ladle jam into 2 clean, hot 1-pint jars. Wipe rims, seal, and process in a boiling water bath for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:55.17, Glycemic Load:318.49, Inflammation Score:-10, Nutrition Score:29.788695604905%

Flavonoids

Cyanidin: 21.77mg, Cyanidin: 21.77mg, Cyanidin: 21.77mg, Cyanidin: 21.77mg Catechin: 55.83mg, Catechin: 55.83mg, Catechin: 55.83mg, Catechin: 55.83mg Epigallocatechin: 11.99mg, Epigallocatechin: 11.99mg, Epigallocatechin: 11.99mg, Epigallocatechin: 11.99mg Epicatechin: 26.59mg, Epicatechin: 26.59mg, Epicatechin: 26.59mg, Epicatechin: 26.59mg Epicatechin 3–gallate: 0.15mg, Epicatechin 3–gallate: 0.15mg, Epicatechin 3–gallate: 0.15mg, Epicatechin 3–gallate: 0.15mg Epigallocatechin 3–gallate: 3.64mg, Epigallocatechin 3–gallate: 3.64mg, Epigallocatechin 3–gallate: 3.64mg, Epigallocatechin 3–gallate: 3.64mg Theaflavin: 0.04mg, Theaflavin: 0.04mg, Theaflavin: 0.04mg, Theaflavin: 0.04mg Thearubigins: 2.03mg, Thearubigins: 2.03mg, Thearubigins: 2.03mg, Thearubigins: 2.03mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 2.53mg, Kaempferol: 2.53mg, Kaempferol: 2.53mg, Kaempferol: 2.53mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.59mg

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Nutrients (% of daily need)

Calories: 2019.6kcal (100.98%), Fat: 4.38g (6.73%), Saturated Fat: 0.22g (1.38%), Carbohydrates: 513.97g (171.32%), Net Carbohydrates: 496.92g (180.7%), Sugar: 494.72g (549.69%), Cholesterol: 0mg (0%), Sodium: 151.64mg (6.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.37g (20.74%), Vitamin A: 3697.68IU (73.95%), Fiber: 17.05g (68.22%), Vitamin C: 52.3mg (63.39%), Vitamin E: 8.3mg (55.34%), Vitamin B3: 9.15mg (45.77%), Copper: 0.92mg (45.76%), Potassium: 1407.83mg (40.22%), Selenium: 26.23µg (37.47%), Manganese: 0.71mg (35.75%), Vitamin K: 34.02µg (32.4%), Vitamin B2: 0.43mg (25.3%), Phosphorus: 250.7mg (25.07%), Magnesium: 91.69mg (22.92%), Iron: 4.07mg (22.6%), Vitamin B1: 0.28mg (18.38%), Folate: 71.16µg (17.79%), Zinc: 2.66mg (17.71%), Vitamin B5: 1.75mg (17.55%), Vitamin B6: 0.29mg (14.52%), Calcium: 50.26mg (5.03%)