

## Muscadine Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



50

CALORIES



167 kcal

SAUCE

### Ingredients

- ☐ 2 cups apple cider vinegar
- ☐ 1 tablespoon ground allspice
- ☐ 1 tablespoon ground cinnamon
- ☐ 1 teaspoon ground cloves
- ☐ 5 pounds muscadine grapes halved
- ☐ 9 cups sugar

### Equipment

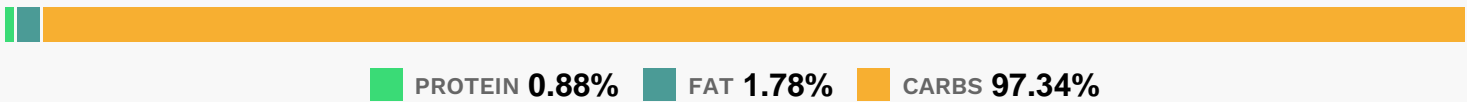
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ sieve
- ☐ candy thermometer

## Directions

- ☐ Squeeze pulp from grape halves into a bowl, reserving skins.
- ☐ Bring skins to a boil in a large sauce-pan over medium-high heat. Cover, reduce heat to medium, and cook, stirring occasionally, 15 minutes or until tender.
- ☐ Bring pulp to a boil in a saucepan; reduce heat to medium, and cook 20 minutes or until seeds separate from pulp.
- ☐ Pour mixture through a wire-mesh strainer into saucepan containing skins, discarding solids.
- ☐ Add sugar, and cook, stirring occasionally, over medium heat, 2 hours or until thickened. Stir in vinegar and next 3 ingredients. Cook 10 to 15 minutes or until a candy thermometer registers 225 to 23
- ☐ Ladle hot mixture into hot, sterilized pint-size jars, filling to 1/2 inch from top.
- ☐ Remove air bubbles; wipe jar rims. Cover at once with metal lids, and screw on bands.
- ☐ Process in boiling-water bath 20 minutes.
- ☐ Serve with turkey, biscuits, or toast.
- ☐ \*5 pounds of seedless red grapes may be substituted. Crush whole grapes slightly. Bring to a boil; reduce heat, and simmer 20 minutes. Strain mixture into a saucepan, discarding solids. Stir in sugar, and proceed as directed.

## Nutrition Facts



## Properties

Glycemic Index:3.78, Glycemic Load:27.86, Inflammation Score:-1, Nutrition Score:3.0695652673426%

## Nutrients (% of daily need)

Calories: 167.28kcal (8.36%), Fat: 0.35g (0.53%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 42.51g (14.17%), Net Carbohydrates: 40.61g (14.77%), Sugar: 35.97g (39.97%), Cholesterol: 0mg (0%), Sodium: 1.51mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.77%), Manganese: 0.98mg (48.79%), Fiber: 1.89g (7.57%), Copper: 0.06mg (2.93%), Potassium: 102.13mg (2.92%), Calcium: 20.46mg (2.05%), Magnesium: 7.19mg (1.8%), Phosphorus: 11.93mg (1.19%), Iron: 0.18mg (1.01%)