



Mustard-Peach Preserves



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



97 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup dijon mustard coarse-grained
- ☐ 0.8 cup peaches dried chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 cup peach preserves
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 0.5 medium size onion sweet finely chopped

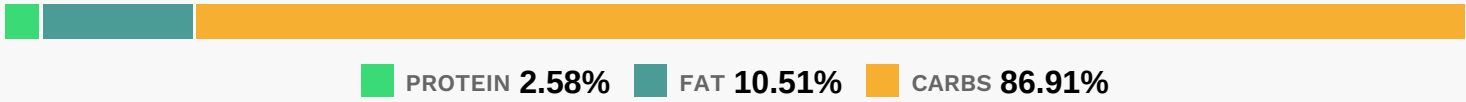
Equipment

frying pan

Directions

- Heat oil in a large nonstick skillet over medium heat.
- Add onion, and cook, stirring often, 5 to 6 minutes or until onions are golden brown.
- Remove from heat, and stir in preserves and next 4 ingredients. Cover and chill 1 hour or up to 1 week.

Nutrition Facts



Properties

Glycemic Index:7.93, Glycemic Load:8.47, Inflammation Score:-2, Nutrition Score:1.956956518733%

Flavonoids

Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 96.53kcal (4.83%), Fat: 1.16g (1.78%), Saturated Fat: 0.15g (0.93%), Carbohydrates: 21.6g (7.2%), Net Carbohydrates: 20.4g (7.42%), Sugar: 14.94g (16.6%), Cholesterol: 0mg (0%), Sodium: 93.13mg (4.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.28%), Fiber: 1.19g (4.77%), Vitamin C: 2.92mg (3.55%), Vitamin A: 176.28IU (3.53%), Potassium: 116.95mg (3.34%), Manganese: 0.06mg (3.18%), Copper: 0.06mg (3.08%), Iron: 0.54mg (3%), Selenium: 1.96µg (2.8%), Vitamin B2: 0.04mg (2.31%), Phosphorus: 21.34mg (2.13%), Vitamin B3: 0.4mg (1.98%), Vitamin K: 1.97µg (1.87%), Magnesium: 7.31mg (1.83%), Vitamin B6: 0.03mg (1.36%), Folate: 5.33µg (1.33%), Vitamin E: 0.19mg (1.29%), Calcium: 11.78mg (1.18%), Vitamin B1: 0.02mg (1.08%)