



Nectarine-Ginger Preserves



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



146 min.

SERVINGS



10

CALORIES



192 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup candied ginger minced
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2.5 lb nectarines diced unpeeled
- ☐ 1.8 oz premium fruit pectin
- ☐ 1.5 cups sugar

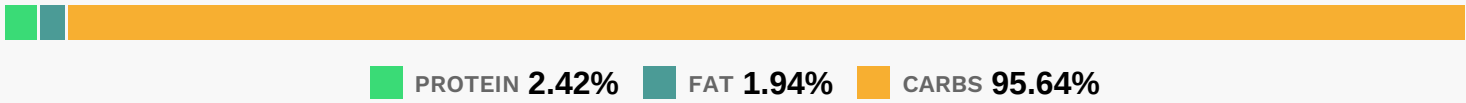
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Stir together all ingredients in a 4-qt. microwave-safe glass bowl.
- ☐ Microwave at HIGH 8 minutes (mixture will boil). Stir mixture, and microwave at HIGH 8 to 10 minutes or until thickened. (You're going for the viscosity of pancake syrup here. The mixture will thicken to soft-set preserves after it cools and chills.) Cool mixture completely (about 2 hours).
- ☐ Serve immediately, or cover and chill preserves in an airtight container until ready to serve. Store in refrigerator up to 3 weeks.

Nutrition Facts



Properties

Glycemic Index:11.31, Glycemic Load:24.69, Inflammation Score:-3, Nutrition Score:3.0600000075672%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Catechin: 3.38mg, Catechin: 3.38mg, Catechin: 3.38mg, Catechin: 3.38mg Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 191.83kcal (9.59%), Fat: 0.44g (0.68%), Saturated Fat: 0g (0.03%), Carbohydrates: 48.76g (16.25%), Net Carbohydrates: 46.62g (16.95%), Sugar: 42.54g (47.26%), Cholesterol: 0mg (0%), Sodium: 25.72mg (1.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.47%), Fiber: 2.14g (8.56%), Vitamin A: 376.9IU (7.54%), Vitamin B3: 1.27mg (6.37%), Vitamin C: 5.03mg (6.1%), Copper: 0.12mg (5.83%), Vitamin E: 0.7mg (4.66%), Potassium: 154.13mg (4.4%), Manganese: 0.07mg (3.32%), Phosphorus: 29.94mg (2.99%), Iron: 0.49mg (2.74%), Vitamin B1: 0.04mg (2.67%), Magnesium: 10.53mg (2.63%), Vitamin B2: 0.04mg (2.35%), Vitamin B5: 0.22mg (2.21%), Vitamin K: 2.27µg (2.16%), Folate: 7.75µg (1.94%), Zinc: 0.27mg (1.78%), Vitamin B6: 0.03mg (1.55%)