



Peach Salsa



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



8

CALORIES



608 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 tablespoons pickling spice
- ☐ 1 bell pepper green finely chopped
- ☐ 6 onions finely chopped
- ☐ 5 peaches fresh pitted peeled chopped
- ☐ 5 pears cored peeled chopped
- ☐ 1 bell pepper red finely chopped
- ☐ 2 tablespoons salt
- ☐ 20 tomatoes chopped

- ☐ 1 cup distilled vinegar white
- ☐ 4 cups sugar white

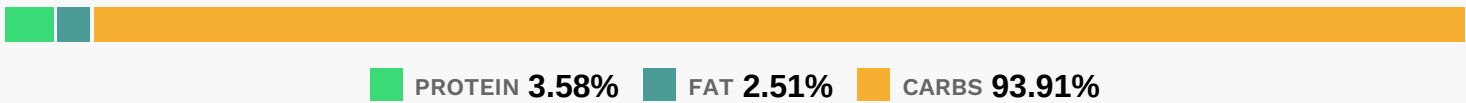
Equipment

- ☐ sauce pan

Directions

- ☐ In a large saucepan, bring to a boil the tomatoes, onions, peaches, pears, green bell pepper, red bell pepper, sugar, vinegar and salt. Reduce heat.
- ☐ Place the pickling spice into the mixture. Stirring frequently, simmer 1 1/2 hours, or until volume is reduced by half.
- ☐ Discard spice bag.
- ☐ Transfer the mixture to sterile containers. Store in the refrigerator until use.

Nutrition Facts



Properties

Glycemic Index:38.64, Glycemic Load:83.18, Inflammation Score:-10, Nutrition Score:27.551304236702%

Flavonoids

Cyanidin: 4.09mg, Cyanidin: 4.09mg, Cyanidin: 4.09mg, Cyanidin: 4.09mg Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg Epigallocatechin: 1.63mg, Epigallocatechin: 1.63mg, Epigallocatechin: 1.63mg, Epigallocatechin: 1.63mg Epicatechin: 6.38mg, Epicatechin: 6.38mg, Epicatechin: 6.38mg, Epicatechin: 6.38mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg Naringenin: 2.09mg, Naringenin: 2.09mg, Naringenin: 2.09mg, Naringenin: 2.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 4.47mg, Isorhamnetin: 4.47mg, Isorhamnetin: 4.47mg, Isorhamnetin: 4.47mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 20.45mg, Quercetin: 20.45mg, Quercetin: 20.45mg, Quercetin: 20.45mg

Nutrients (% of daily need)

Calories: 608.31kcal (30.42%), Fat: 1.81g (2.79%), Saturated Fat: 0.3g (1.84%), Carbohydrates: 152.34g (50.78%), Net Carbohydrates: 138.69g (50.43%), Sugar: 131.39g (145.99%), Cholesterol: 0mg (0%), Sodium: 1780.61mg (77.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.62%), Vitamin C: 88.03mg (106.7%), Vitamin K: 80.12µg (76.31%), Vitamin A: 3543.1IU (70.86%), Fiber: 13.65g (54.62%), Manganese: 1mg (49.87%), Potassium: 1246.22mg (35.61%), Vitamin B6: 0.55mg (27.72%), Vitamin E: 4.14mg (27.57%), Folate: 101.06µg (25.27%), Iron: 4.43mg (24.62%), Copper: 0.45mg (22.37%), Magnesium: 80.96mg (20.24%), Calcium: 188.08mg (18.81%), Vitamin B3: 3.42mg (17.09%), Phosphorus: 150.76mg (15.08%), Vitamin B1: 0.22mg (14.48%), Vitamin B2: 0.21mg (12.56%), Zinc: 1.26mg (8.42%), Vitamin B5: 0.7mg (7.03%), Selenium: 3.6µg (5.15%)