



Peach Salsa II



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



7

CALORIES



460 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 49 gram fruit pectin crystals light
- ☐ 3 cloves garlic minced
- ☐ 1.5 teaspoons ground cumin
- ☐ 4 jalapeño peppers minced
- ☐ 1 teaspoon lime zest grated
- ☐ 0.5 cup onion chopped
- ☐ 4 cups peaches fresh pitted peeled chopped

- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.3 cup distilled vinegar white
- ☐ 3.5 cups sugar white

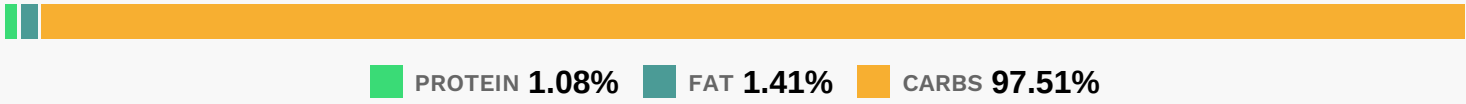
Equipment

- ☐ sauce pan

Directions

- ☐ Sterilize jars and lids.
- ☐ In a large saucepan, combine peaches, onion, pepper, cilantro, garlic, cumin, vinegar, and lime zest. Stir together pectin and 1/4 cup sugar. Bring to a boil, and stir in remaining 3 1/2 cups sugar. Boil for 1 minute, stirring constantly.
- ☐ Remove from heat, and stir for 5 minutes.
- ☐ Pour peach salsa into prepared jars, leaving 1/4 inch air space. Seal, and process in a boiling water bath for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:50.05, Glycemic Load:73.46, Inflammation Score:-6, Nutrition Score:5.90000000176222%

Flavonoids

Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg Catechin: 4.33mg, Catechin: 4.33mg, Catechin: 4.33mg, Catechin: 4.33mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 2.06mg, Epicatechin: 2.06mg, Epicatechin: 2.06mg, Epicatechin: 2.06mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

Nutrients (% of daily need)

Calories: 459.75kcal (22.99%), Fat: 0.76g (1.16%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 117.71g (39.24%), Net Carbohydrates: 115.06g (41.84%), Sugar: 108.48g (120.53%), Cholesterol: 0mg (0%), Sodium: 28.95mg (1.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.6%), Vitamin C: 28.24mg (34.23%), Vitamin A: 751.05IU (15.02%), Fiber: 2.66g (10.64%), Vitamin E: 1.13mg (7.53%), Manganese: 0.14mg (7.01%), Copper: 0.12mg (6.23%), Vitamin K: 6.51µg (6.2%), Vitamin B6: 0.12mg (5.98%), Potassium: 185.1mg (5.29%), Iron: 0.95mg (5.27%), Vitamin B3: 0.96mg (4.83%), Vitamin B2: 0.07mg (4.24%), Selenium: 2.8µg (4.01%), Folate: 15.04µg (3.76%), Phosphorus: 32.46mg (3.25%), Magnesium: 12.88mg (3.22%), Vitamin B1: 0.04mg (2.77%), Zinc: 0.34mg (2.28%), Vitamin B5: 0.23mg (2.27%), Calcium: 16.68mg (1.67%)