

Peach Shrub

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



12975 min.

SERVINGS



8

CALORIES



126 kcal

SIDE DISH

Ingredients

- 10 basil fresh
- 1 cup granulated sugar
- 1 pound peaches
- 1 cup citrus champagne vinegar

Equipment

- bowl
- sieve
- plastic wrap

wooden spoon

spatula

Directions

Halve, pit, and cut the peaches into 1-inch pieces and place in a medium, nonreactive bowl.

Add the sugar and toss until the peaches are thoroughly coated and most of the sugar has dissolved. Cover tightly with plastic wrap and refrigerate for 2 days, checking after 1 day to make sure that all the sugar on the bottom has dissolved. (If the sugar hasn't dissolved, toss again.)

Add the vinegar and basil and stir to combine. Cover tightly with plastic wrap and refrigerate for 7 to 10 days. Set a fine-mesh strainer over a medium bowl. Strain the peach mixture, pressing on it with a rubber spatula or wooden spoon to extract all of the liquid; discard the contents of the strainer.

Transfer the peach shrub to a pint jar or container, cover with a tightfitting lid, and store in the refrigerator for up to 6 months.

Nutrition Facts

 **PROTEIN 1.71%** **FAT 1.67%** **CARBS 96.62%**

Properties

Glycemic Index:22.54, Glycemic Load:19.42, Inflammation Score:-2, Nutrition Score:1.7547825834026%

Flavonoids

Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 125.85kcal (6.29%), Fat: 0.24g (0.36%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 30.72g (10.24%), Net Carbohydrates: 29.86g (10.86%), Sugar: 29.71g (33.01%), Cholesterol: 0mg (0%), Sodium: 10.03mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.09%), Vitamin A: 211.21IU (4.22%), Vitamin K: 3.78µg (3.6%), Fiber: 0.86g (3.43%), Vitamin C: 2.56mg (3.11%), Vitamin E: 0.42mg (2.79%), Manganese: 0.06mg (2.75%), Copper: 0.05mg (2.54%), Potassium: 82.8mg (2.37%), Vitamin B3: 0.46mg (2.31%), Iron: 0.36mg (1.98%), Selenium:

1.34µg (1.92%), Phosphorus: 15.14mg (1.51%), Magnesium: 6.05mg (1.51%), Vitamin B2: 0.02mg (1.34%)