



## Peaches and Raspberries in Ancho Syrup with Chile Threads

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



1500 min.

SERVINGS



4

CALORIES



184 kcal

SIDE DISH

### Ingredients

- 1 ancho chili pepper dried
- 0.5 teaspoon juice of lemon fresh
- 2 large peaches (preferably freestone)
- 6 oz raspberries fresh
- 0.5 cup sugar
- 3 cups water


### Equipment

- bowl
- frying pan
- sauce pan
- knife
- sieve
- cutting board

## Directions

- Simmer chile in 2 cups water in a 1- to 2-quart saucepan, uncovered, turning over once or twice, until softened, 15 to 20 minutes.
- Transfer chile to a cutting board and discard cooking liquid.
- When cool enough to handle, stem and seed chile, then carefully peel off skin in large pieces and reserve.
- Transfer chile pulp to cleaned saucepan and add sugar, 1/2 cup raspberries, a pinch of salt, and remaining cup water. Bring to a boil over moderate heat, stirring until sugar is dissolved.
- Remove syrup from heat and cover pan with lid, then let steep, covered, 20 minutes.
- While syrup is steeping, pat chile skin dry and cut skin into very fine threads with a sharp knife.
- Pour syrup through a fine-mesh sieve into a bowl, pressing gently on solids (do not push solids through), then discard solids. Stir lemon juice into syrup.
- Halve peaches lengthwise, pit, and cut lengthwise into 1/4-inch-thick slices. Divide, along with remaining cup raspberries, among 4 shallow bowls and spoon syrup over fruit.
- Sprinkle with some chile threads.
- Syrup can be made 1 week ahead and chilled, covered. Bring to room temperature before using. • Chile threads can be made 1 week ahead and kept in an airtight container at room temperature.\*Available at Latino markets, many supermarkets, and kitchenmarket.com.

## Nutrition Facts



PROTEIN 4.5%    FAT 4.99%    CARBS 90.51%

## Properties

Glycemic Index:34.09, Glycemic Load:21.08, Inflammation Score:-9, Nutrition Score:9.6630435093589%

## Flavonoids

Cyanidin: 21.14mg, Cyanidin: 21.14mg, Cyanidin: 21.14mg, Cyanidin: 21.14mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 4.86mg, Catechin: 4.86mg, Catechin: 4.86mg, Catechin: 4.86mg Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg Epicatechin: 3.54mg, Epicatechin: 3.54mg, Epicatechin: 3.54mg, Epicatechin: 3.54mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

## Nutrients (% of daily need)

Calories: 183.6kcal (9.18%), Fat: 1.1g (1.7%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 44.95g (14.98%), Net Carbohydrates: 38.36g (13.95%), Sugar: 37.78g (41.98%), Cholesterol: 0mg (0%), Sodium: 28.89mg (1.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.47%), Vitamin A: 2617.02IU (52.34%), Fiber: 6.59g (26.36%), Vitamin C: 17.72mg (21.48%), Manganese: 0.41mg (20.56%), Vitamin K: 15.41µg (14.68%), Potassium: 335.73mg (9.59%), Vitamin B2: 0.15mg (9.03%), Vitamin B3: 1.72mg (8.59%), Vitamin E: 1.28mg (8.56%), Copper: 0.16mg (7.84%), Magnesium: 25.87mg (6.47%), Iron: 1.13mg (6.29%), Vitamin B6: 0.12mg (5.82%), Folate: 18.77µg (4.69%), Phosphorus: 45.54mg (4.55%), Vitamin B5: 0.36mg (3.58%), Selenium: 2.38µg (3.4%), Zinc: 0.49mg (3.26%), Vitamin B1: 0.04mg (2.79%), Calcium: 23.68mg (2.37%)