



Peaches in Ginger Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup wine dry white
- ☐ 0.8 ginger fresh grated (2-inch)
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.8 pound peaches
- ☐ 0.8 cup sugar
- ☐ 0.8 cup water

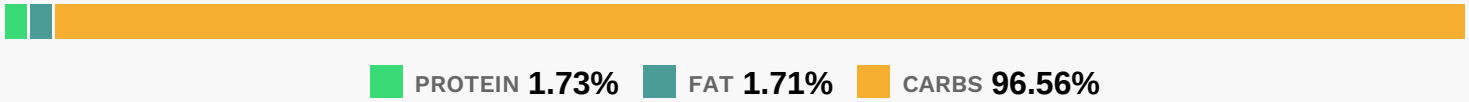
Equipment

- ☐ sieve

Directions

- ☐ Simmer wine, water, sugar, and ginger, stirring occasionally, until reduced to about 3/4 cup, about 15 minutes.
- ☐ While syrup is simmering, slice peaches and toss with lemon juice.
- ☐ Pour hot syrup through a fine sieve onto peaches, then stir.
- ☐ Let stand 20 minutes.
- ☐ ·Peaches can stand in syrup, covered, up to 2 hours at room temperature.

Nutrition Facts



Properties

Glycemic Index:17.54, Glycemic Load:14.66, Inflammation Score:-2, Nutrition Score:1.4634782646013%

Flavonoids

Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 109.85kcal (5.49%), Fat: 0.19g (0.29%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 23.93g (7.98%), Net Carbohydrates: 23.27g (8.46%), Sugar: 22.6g (25.11%), Cholesterol: 0mg (0%), Sodium: 8.07mg (0.35%), Alcohol: 2.32g (100%), Alcohol %: 2.66% (100%), Protein: 0.43g (0.86%), Vitamin C: 3.23mg (3.91%), Vitamin A: 138.85IU (2.78%), Manganese: 0.05mg (2.75%), Fiber: 0.66g (2.65%), Potassium: 74.82mg (2.14%), Vitamin E: 0.32mg (2.12%), Copper: 0.04mg (2.05%), Vitamin B3: 0.38mg (1.88%), Magnesium: 6.38mg (1.6%), Selenium: 1.04µg (1.48%), Phosphorus: 13.93mg (1.39%), Vitamin K: 1.37µg (1.3%), Vitamin B2: 0.02mg (1.23%), Vitamin B6: 0.02mg (1.23%), Iron: 0.22mg (1.23%)