



Pear and Ginger Preserves

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



3

CALORIES



633 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 tablespoons candied ginger finely chopped
- 0.3 cup t brown sugar dark
- 1 tablespoon ginger fresh minced
- 2 tablespoons lemon zest
- 2 pounds pears cored peeled cut into 1/4-inch dice
- 1.3 cups granulated sugar white

Equipment

- sauce pan

Directions

- Place pears, white sugar, brown sugar, lemon juice, lemon zest, crystallized ginger, and minced ginger in a medium saucepan. Bring to a boil over medium-high heat. Reduce heat to medium and continue to cook, stirring occasionally, until thickened and sauce has gelled, 20 to 30 minutes.
- Remove from heat.
- Transfer sauce to airtight container and place in refrigerator 24 hours before using, or can by ladling jam into jars, leaving 1/4-inch headspace. Cover and process jars in boiling hot water bath for 10 minutes.
- Remove from water and let cool for 24 hours. Store in a cool dark place. Refrigerate after opening.

Nutrition Facts

PROTEIN 0.73% **FAT 0.99%** **CARBS 98.28%**

Properties

Glycemic Index:40.61, Glycemic Load:75.56, Inflammation Score:-3, Nutrition Score:6.9578260597975%

Flavonoids

Cyanidin: 6.23mg, Cyanidin: 6.23mg, Cyanidin: 6.23mg, Cyanidin: 6.23mg Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg Epigallocatechin: 1.78mg, Epigallocatechin: 1.78mg, Epigallocatechin: 1.78mg, Epigallocatechin: 1.78mg Epicatechin: 11.37mg, Epicatechin: 11.37mg, Epicatechin: 11.37mg, Epicatechin: 11.37mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 632.64kcal (31.63%), Fat: 0.74g (1.13%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 164.78g (54.93%), Net Carbohydrates: 154.94g (56.34%), Sugar: 147.16g (163.51%), Cholesterol: 0mg (0%), Sodium: 12.31mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.44%), Fiber: 9.84g (39.38%), Vitamin C: 18.28mg (22.16%), Copper: 0.27mg (13.73%), Vitamin K: 13.31µg (12.67%), Potassium: 401.15mg (11.46%), Manganese: 0.17mg (8.48%), Magnesium: 24.97mg (6.24%), Vitamin B2: 0.1mg (5.85%), Folate: 22.19µg (5.55%), Vitamin B6: 0.11mg (5.42%), Calcium: 54.13mg (5.41%), Iron: 0.81mg (4.49%), Phosphorus: 38.54mg (3.85%), Vitamin B3: 0.55mg (2.74%), Vitamin B1: 0.04mg (2.62%), Vitamin E: 0.38mg (2.53%), Zinc: 0.34mg (2.24%), Vitamin B5: 0.2mg (1.98%), Selenium: 1.17µg (1.68%), Vitamin A: 77.6IU (1.55%)