

Pickled Peaches

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



992 kcal

SIDE DISH

Ingredients

- 4 sticks cinnamon (3 inch)
- 4 pounds peaches fresh pitted peeled sliced
- 4 cups sugar
- 2 cups vinegar white

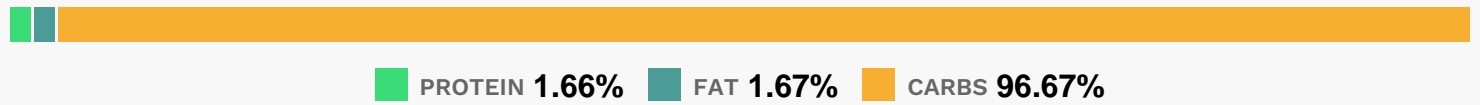
Equipment

- sauce pan

Directions

- Pour sugar and vinegar into a large saucepan, and stir to dissolve sugar.
- Add cinnamon sticks and cloves, and bring to a boil. Cover and boil for about 5 minutes. Strain out the cloves and cinnamon sticks, or you can leave them in for a stronger flavor.
- Pack peaches into hot sterile 1 pint jars to within 1 inch of the rim. Fill each jar with syrup to within 1/2 inch from the top. Wipe rims with a clean dry cloth, and seal with new lids and screwbands. Process in a hot water bath for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:41.34, Glycemic Load:155.4, Inflammation Score:-8, Nutrition Score:14.174348084823%

Flavonoids

Cyanidin: 8.71mg, Cyanidin: 8.71mg, Cyanidin: 8.71mg, Cyanidin: 8.71mg Catechin: 22.32mg, Catechin: 22.32mg, Catechin: 22.32mg, Catechin: 22.32mg Epigallocatechin: 4.72mg, Epigallocatechin: 4.72mg, Epigallocatechin: 4.72mg, Epigallocatechin: 4.72mg Epicatechin: 10.61mg, Epicatechin: 10.61mg, Epicatechin: 10.61mg, Epicatechin: 10.61mg Epigallocatechin 3-gallate: 1.36mg, Epigallocatechin 3-gallate: 1.36mg, Epigallocatechin 3-gallate: 1.36mg, Epigallocatechin 3-gallate: 1.36mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 992.1kcal (49.61%), Fat: 1.91g (2.94%), Saturated Fat: 0.1g (0.61%), Carbohydrates: 247.88g (82.63%), Net Carbohydrates: 239.22g (86.99%), Sugar: 237.78g (264.2%), Cholesterol: 0mg (0%), Sodium: 63.87mg (2.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.53%), Manganese: 0.97mg (48.31%), Fiber: 8.66g (34.65%), Vitamin A: 1489.04IU (29.78%), Vitamin C: 18.73mg (22.7%), Vitamin E: 3.39mg (22.62%), Copper: 0.39mg (19.37%), Vitamin B3: 3.7mg (18.51%), Potassium: 575.02mg (16.43%), Selenium: 11.47µg (16.39%), Vitamin K: 14.7µg (14%), Iron: 1.97mg (10.95%), Phosphorus: 107.13mg (10.71%), Vitamin B2: 0.18mg (10.59%), Magnesium: 39.66mg (9.92%), Zinc: 1.14mg (7.6%), Vitamin B1: 0.11mg (7.31%), Vitamin B5: 0.71mg (7.07%), Folate: 27.43µg (6.86%), Calcium: 62.86mg (6.29%), Vitamin B6: 0.12mg (5.95%)