

Poached Quinces



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 teaspoon peppercorns black



1 cinnamon sticks



1 inch julienne-cut lemon rind



1.8 pounds quinces cored peeled quartered



1 cup sugar



4 cups water

Equipment



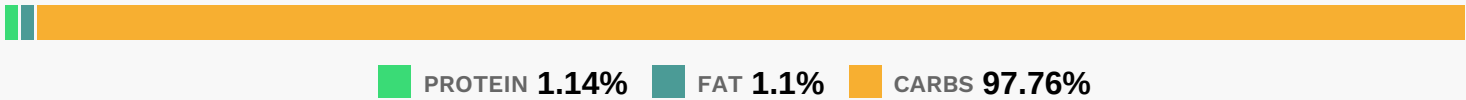
bowl

- ☐ sieve
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Bring first 5 ingredients to a boil in a Dutch oven, and cook 2 minutes.
- ☐ Add quinces; reduce heat, and simmer 45 minutes or until tender, stirring occasionally.
- ☐ Remove from heat, and cool to room temperature.
- ☐ Remove quinces from liquid with a slotted spoon. Strain liquid through a sieve into a bowl; discard solids.
- ☐ Pour liquid over quinces.
- ☐ Note: Refrigerate in an airtight container up to two weeks.

Nutrition Facts



Properties

Glycemic Index:8.88, Glycemic Load:11.09, Inflammation Score:-1, Nutrition Score:1.5626086791896%

Flavonoids

Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg

Nutrients (% of daily need)

Calories: 77.71kcal (3.89%), Fat: 0.1g (0.16%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 20.42g (6.81%), Net Carbohydrates: 19.27g (7.01%), Sugar: 12.49g (13.88%), Cholesterol: 0mg (0%), Sodium: 5.15mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.48%), Vitamin C: 7.65mg (9.28%), Fiber: 1.15g (4.58%), Copper: 0.08mg (3.97%), Manganese: 0.07mg (3.69%), Potassium: 102.84mg (2.94%), Iron: 0.4mg (2.22%), Magnesium: 5.19mg (1.3%), Calcium: 10.98mg (1.1%), Vitamin B2: 0.02mg (1.06%), Vitamin B6: 0.02mg (1.06%)