



Spiced Apricot Ginger Preserves



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



16

CALORIES



41 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 cup apricot preserves
- ☐ 1 tablespoon candied ginger finely chopped
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 tablespoon pear liqueur orange-flavored

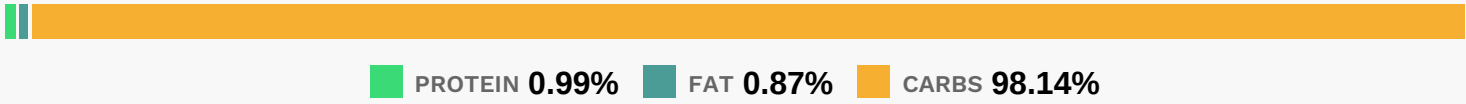
Equipment

- ☐ sauce pan

Directions

- ☐ Mix all ingredients in 1-quart saucepan.
- ☐ Heat to boiling; boil 1 minute, stirring occasionally.
- ☐ Spoon into gift jar. Store covered in refrigerator up to 2 months.

Nutrition Facts



Properties

Glycemic Index:4.38, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.25217391542442%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 41.36kcal (2.07%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 10.39g (3.46%), Net Carbohydrates: 10.34g (3.76%), Sugar: 7.26g (8.07%), Cholesterol: 0mg (0%), Sodium: 6.01mg (0.26%), Alcohol: 0.37g (100%), Alcohol %: 2.89% (100%), Protein: 0.11g (0.21%), Vitamin C: 1.3mg (1.58%)