



## Spiced Peaches



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



744 kcal

SIDE DISH

## Ingredients

- ☐ 12 peppercorns black
- ☐ 4 cardamom pods (see notes)
- ☐ 4 cinnamon sticks (each)
- ☐ 10 pound peaches peeled ( 20) (see notes)
- ☐ 2.3 cups rice vinegar
- ☐ 4 star anise
- ☐ 5 cups sugar
- ☐ 1 teaspoon allspice whole

- ☐ 8 servings frangelico
- ☐ 8 servings frangelico

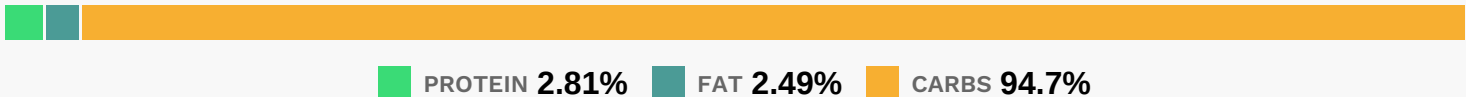
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Follow steps 1 through 4 of Canning Instructions, using four wide-mouth quart-size jars.
- ☐ Halve and pit peaches.
- ☐ In a 6- to 8-quart pan, combine sugar, vinegar, allspice, peppercorns, cinnamon sticks, cardamom, and star anise. Stir over high heat until boiling; reduce heat, cover, and simmer for 5 minutes, stirring occasionally.
- ☐ Turn heat under sugar mixture to high.
- ☐ Add 1/3 of peaches, cover, and stir occasionally until mixture returns to a boil and peaches are barely tender when pierced, 2 to 3 minutes. With a slotted spoon, transfer peaches to a large bowl. Repeat to cook remaining peaches.
- ☐ Remove syrup from heat.
- ☐ Arrange spices and peaches, cut sides down, equally in jars. Return syrup to boiling over high heat.
- ☐ Follow steps 5 through 11 of Canning Instructions, ladling hot syrup over peaches, leaving 1/2 inch of headspace in each jar, and processing jars for 25 minutes (see notes). Chill any extra syrup airtight up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:27.79, Glycemic Load:107.02, Inflammation Score:-9, Nutrition Score:16.99739155562%

Flavonoids

Cyanidin: 10.89mg, Cyanidin: 10.89mg, Cyanidin: 10.89mg, Cyanidin: 10.89mg Catechin: 27.9mg, Catechin: 27.9mg, Catechin: 27.9mg, Catechin: 27.9mg Epigallocatechin: 5.9mg, Epigallocatechin: 5.9mg, Epigallocatechin: 5.9mg, Epigallocatechin: 5.9mg Epicatechin: 13.27mg, Epicatechin: 13.27mg, Epicatechin: 13.27mg, Epicatechin: 13.27mg Epigallocatechin 3–gallate: 1.7mg, Epigallocatechin 3–gallate: 1.7mg, Epigallocatechin 3–gallate: 1.7mg, Epigallocatechin 3–gallate: 1.7mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 743.89kcal (37.19%), Fat: 2.16g (3.32%), Saturated Fat: 0.14g (0.88%), Carbohydrates: 184.68g (61.56%), Net Carbohydrates: 174.72g (63.54%), Sugar: 172.39g (191.54%), Cholesterol: 0mg (0%), Sodium: 77.39mg (3.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.48g (10.96%), Manganese: 1.03mg (51.31%), Fiber: 9.96g (39.83%), Vitamin A: 1859.25IU (37.19%), Vitamin C: 23.87mg (28.93%), Vitamin E: 4.18mg (27.87%), Copper: 0.48mg (23.76%), Vitamin B3: 4.64mg (23.19%), Potassium: 730.08mg (20.86%), Selenium: 13.13µg (18.76%), Vitamin K: 17.8µg (16.95%), Iron: 2.54mg (14.12%), Phosphorus: 133.75mg (13.37%), Magnesium: 51.38mg (12.85%), Vitamin B2: 0.2mg (12.01%), Zinc: 1.47mg (9.77%), Vitamin B1: 0.14mg (9.4%), Vitamin B5: 0.88mg (8.8%), Folate: 34.42µg (8.61%), Vitamin B6: 0.15mg (7.59%), Calcium: 57.72mg (5.77%)