



Stone Fruit Preserves



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



146 min.

SERVINGS



10

CALORIES



180 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2.5 lb peaches diced peeled
- ☐ 1.8 oz premium fruit pectin
- ☐ 1.5 cups sugar

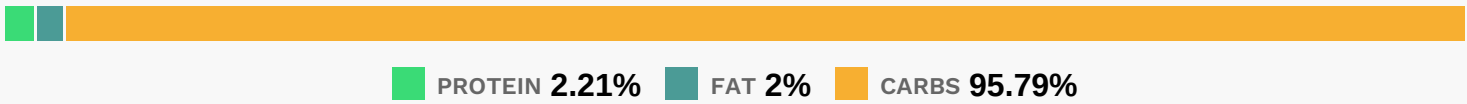
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Stir together all ingredients in a 4-qt. microwave-safe glass bowl.
- ☐ Microwave at HIGH 8 minutes (mixture will boil). Stir mixture, and microwave at HIGH 8 to 10 minutes or until thickened. (You're going for the viscosity of pancake syrup here. The mixture will thicken to soft-set preserves after it cools and chills.) Cool mixture completely (about 2 hours).
- ☐ Serve immediately, or cover and chill preserves in an airtight container until ready to serve. Store in refrigerator up to 3 weeks.
- ☐ *Unpeeled plums or nectarines may be substituted.
- ☐ Nectarine-Ginger Preserves: Substitute unpeeled nectarines for peaches. Stir 1/3 cup minced crystallized ginger into nectarine mixture in Step Try It With: Sweet potato biscuits, blueberry pancakes, or praline ice cream.
- ☐ Balsamic-Plum Preserves: Substitute balsamic vinegar for lemon juice and unpeeled plums for peaches. Stir 1 Tbsp. chopped fresh basil into warm preserves. Try It With: Smoked turkey, pulled pork, fried green tomatoes, or warm baked brie.
- ☐ Peach-Pepper Preserves: Substitute fresh lime juice for lemon juice. Stir 1 minced jalapeo pepper and 1/2 red bell pepper, finely chopped, into peach mixture in Step Try It With: Coconut fried shrimp, chicken quesadillas, or ham and fontina panini.
- ☐ Tomato-Peach Preserves: Reduce peaches to 2 1/4 cups. Stir 2 1/4 cups seeded and diced plum tomatoes into peach mixture in Step Increase second microwave time to 12 to 16 minutes or until thickened. Stir 1 1/2 tsp. minced fresh rosemary and 1/2 tsp. freshly ground pepper into warm preserves. Try It With: Goat cheese crostini, grilled flank steak, or turkey burgers.

Nutrition Facts



Properties

Glycemic Index:11.03, Glycemic Load:24.87, Inflammation Score:-3, Nutrition Score:3.2365217701248%

Flavonoids

Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg,

Epigallocatechin: 1.18mg Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg
Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate: 0.34mg,
Epigallocatechin 3–gallate: 0.34mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol:
0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.06mg,
Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.25mg, Kaempferol: 0.25mg,
Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin:
0.77mg

Nutrients (% of daily need)

Calories: 180.24kcal (9.01%), Fat: 0.43g (0.66%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 46.13g (15.38%), Net
Carbohydrates: 43.99g (16%), Sugar: 39.57g (43.96%), Cholesterol: 0mg (0%), Sodium: 25.01mg (1.09%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.13%), Fiber: 2.14g (8.56%), Vitamin C: 6.39mg (7.75%), Vitamin A:
370.1IU (7.4%), Copper: 0.11mg (5.61%), Vitamin E: 0.83mg (5.56%), Vitamin B3: 0.92mg (4.59%), Potassium:
143.93mg (4.11%), Manganese: 0.07mg (3.72%), Selenium: 2.57µg (3.67%), Vitamin K: 3.4µg (3.24%), Iron: 0.54mg
(2.99%), Vitamin B2: 0.04mg (2.62%), Phosphorus: 25.41mg (2.54%), Magnesium: 9.39mg (2.35%), Folate: 7.75µg
(1.94%), Zinc: 0.29mg (1.93%), Vitamin B1: 0.03mg (1.91%), Vitamin B5: 0.18mg (1.85%), Vitamin B6: 0.03mg (1.55%)