



Sweet Peach Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



18 kcal

SAUCE

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup apple cider vinegar
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 1 teaspoon ground allspice
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup orange juice fresh (1 orange)

- ☐ 3 cups peaches peeled chopped
- ☐ 2 cups onion red sliced
- ☐ 2 cups tomatoes chopped

Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Heat the olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add the onion, and saut for 10 minutes, stirring frequently.
- ☐ Add peaches, tomato, and ginger, and cook for 2 minutes.
- ☐ Add the vinegar and remaining ingredients, and bring to a boil. Reduce heat, and simmer for 20 minutes.
- ☐ Place the peach mixture in a food processor, and process until smooth.

Nutrition Facts



Properties

Glycemic Index:5.4, Glycemic Load:0.69, Inflammation Score:-1, Nutrition Score:0.85130434710047%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 18.26kcal (0.91%), Fat: 0.35g (0.54%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 3.72g (1.24%), Net Carbohydrates: 3.36g (1.22%), Sugar: 2.97g (3.3%), Cholesterol: 0mg (0%), Sodium: 14.6mg (0.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.49%), Vitamin C: 3.06mg (3.71%), Vitamin A: 88.67IU (1.77%), Manganese: 0.03mg (1.62%), Fiber: 0.35g (1.42%), Potassium: 46.99mg (1.34%)