

# Heloise's Apricot Preserves

Heloise Household Hints  
Palm Beach Post

1 package (8 ounce) dried apricots  
1/2 cup sugar  
1/2 fresh lemon  
4 cups water

Place four cups or so of water in a pot with the apricots and sugar. Slice the lemon into very thin slices and then into pieces. Add to the pot and stir. Cook, uncovered for 30 minutes over medium heat.

After 20 minutes, use a potato masher and give the mixture a good mashing but leave some pieces. The chunks are what makes it like Grandma's.

Stir again after a few minutes to see if it is thick. If not, cook just a little bit longer. Once thick enough, remove from the heat and let sit until it cools.

Place in jars and keep in the refrigerator.

Use these preserves as a quick snack or on waffles, pancakes and oatmeal topping.

Per Serving (excluding unknown items): 696 Calories; 1g Fat (0.7% calories from fat); 5g Protein; 180g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 42mg Sodium. Exchanges: 5 1/2 Fruit; 6 1/2 Other Carbohydrates.

## Sauces and Condiments

### Per Serving Nutritional Analysis

Calories (kcal):	696	Vitamin B6 (mg):	.2mg
% Calories from Fat:	0.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	96.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.5%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	1g	Folacin (mcg):	13mcg
Saturated Fat (g):	trace	Niacin (mg):	4mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
			0
			1

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	180g
Dietary Fiber (g):	12g
Protein (g):	5g
Sodium (mg):	42mg
Potassium (mg):	1793mg
Calcium (mg):	78mg
Iron (mg):	6mg
Zinc (mg):	1mg
Vitamin C (mg):	3mg
Vitamin A (i.u.):	9412IU
Vitamin A (r.e.):	941RE

Alcohol (kcal):  
% Deficit: 0 0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	5 1/2
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	6 1/2

## Nutrition Facts

### Amount Per Serving

Calories 696                      Calories from Fat: 5

### % Daily Values\*

<b>Total Fat</b>	1g	1%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	42mg	2%
<b>Total Carbohydrates</b>	180g	60%
Dietary Fiber	12g	47%
<b>Protein</b>	5g	
<b>Vitamin A</b>		188%
<b>Vitamin C</b>		5%
<b>Calcium</b>		8%
<b>Iron</b>		35%

\* Percent Daily Values are based on a 2000 calorie diet.