

Spicy Peach Marmalade

Balfour Houyse - Vicksburg, MS
The Great Country Inns of America Cookbook (2nd ed) (1992)

Yield: 7 half pints

1 box (1-3/4 ounce) Sure-Jell
3 pounds (4 cups) ripe peaches, peeled
and chopped fine
juice of one lemon
5 1/2 cups sugar
1/4 teaspoon cinnamon
1/4 teaspoon cloves
1/4 teaspoon nutmeg

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In a bowl, mix the Sure-Jell, peaches and lemon juice. Place in a large pot over high heat. Bring to a boil, stirring constantly.

Add the sugar and bring to a rolling boil. Boil hard for 1 minute, stirring constantly.

Remove from the heat and skim off the foam with a metal spoon. Add the spices.

Pour into hot, sterilized jars and seal.

Per Serving (excluding unknown items): 4263 Calories; trace Fat (0.1% calories from fat); trace Protein; 1100g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 13mg Sodium. Exchanges: 0 Grain(Starch); 0 Fat; 73 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	4263
% Calories from Fat:	0.1%
% Calories from Carbohydrates:	99.9%
% Calories from Protein:	0.0%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	1100g
Dietary Fiber (g):	1g
Protein (g):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	1mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0

Sodium (mg): 13mg
Potassium (mg): 33mg
Calcium (mg): 23mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 5IU
Vitamin A (r.e.): 1/2RE

Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 73 1/2

Nutrition Facts

Amount Per Serving

Calories 4263 Calories from Fat: 3

% Daily Values*

Total Fat	trace	1%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	13mg	1%
Total Carbohydrates	1100g	367%
Dietary Fiber	1g	2%
Protein	trace	
Vitamin A		0%
Vitamin C		1%
Calcium		2%
Iron		5%

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