

# Riesling Peaches

Marian Cooper Cairns  
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## Yield: 2 cups

2 cups (2 large) fresh ripe peaches,  
peeled and chopped  
1/2 cup dry Riesling wine  
1 to 2 tablespoons light brown sugar  
1 tablespoon apple cider vinegar  
1 teaspoon fresh thyme, coarsely  
chopped  
1/4 teaspoon freshly ground black  
pepper  
pinch Kosher salt  
fresh thyme sprigs (for garnish)

## Preparation Time: 15 minutes

In a serving bowl, stir together the peaches,  
wine, brown sugar, vinegar, thyme, black pepper  
and salt.

Cover the peach mixture and chill for three to  
twenty-four hours to let the flavors marinate,  
stirring occasionally.

Serve with a slotted spoon.

Start to Finish Time: 3 hours 15 minutes

*Use as an ice cream or shortcake  
topping.*

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Per Serving (excluding unknown  
items): 549 Calories; trace Fat  
(0.0% calories from fat); trace  
Protein; 143g Carbohydrate; trace  
Dietary Fiber; 0mg Cholesterol;  
57mg Sodium. Exchanges: 0  
Grain(Starch); 0 Fruit; 0 Fat; 9 1/2  
Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	549
% Calories from Fat:	0.0%
% Calories from Carbohydrates:	99.9%
% Calories from Protein:	0.1%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	143g
Dietary Fiber (g):	trace
Protein (g):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	2mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	n n%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0

**Sodium (mg):** 57mg  
**Potassium (mg):** 528mg  
**Calcium (mg):** 130mg  
**Iron (mg):** 3mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 39IU  
**Vitamin A (r.e.):** 4RE

**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 9 1/2

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## Nutrition Facts

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### Amount Per Serving

**Calories** 549 Calories from Fat: 0

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### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	57mg	2%
<b>Total Carbohydrates</b>	143g	48%
Dietary Fiber	trace	1%
<b>Protein</b>	trace	
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<b>Vitamin A</b>		1%
<b>Vitamin C</b>		2%
<b>Calcium</b>		13%
<b>Iron</b>		17%

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