

# Candied Jalapenos

Scott Peacock

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## Yield: 1 1/3 cups

1 jar (12 ounce) pickled jalapeno pepper slices, drained with jar and lid reserved

4 red chile peppers, sliced

3/4 cup sugar

1 teaspoon loosely packed lime zest

In a bowl, toss together the jalapeno slices, red peppers, sugar and lime zest. Let stand for 5 minutes, stirring occasionally.

Spoon into the reserved jar, scraping any remaining sugar mixture from the bowl into the jar. Cover with the lid.

Chill for 48 hours to one week, shaking the jar several times a day to dissolve any sugar that settles.

Chill at least 48 hours ahead so the jalapenos have time to take on a fiery-sweet crunch.

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Per Serving (excluding unknown items): 581 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 150g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 10 Other Carbohydrates.

Sauces

## Per Serving Nutritional Analysis

Calories (kcal):	581	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	100.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	0g	Folacin (mcg):	0mcg
Saturated Fat (g):	0g	Niacin (mg):	0mg
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	150g	<b>Food Exchanges</b>	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	0g	Lean Meat:	0
	2mg		0

**Sodium (mg):**  
**Potassium (mg):** 3mg  
**Calcium (mg):** 2mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 0mg  
**Vitamin A (i.u.):** 0IU  
**Vitamin A (r.e.):** 0RE

**Vegetable:**  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 10

## Nutrition Facts

### Amount Per Serving

**Calories** 581 Calories from Fat: 0

### % Daily Values\*

<b>Total Fat</b>	0g		0%
Saturated Fat	0g		0%
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	2mg		0%
<b>Total Carbohydrates</b>	150g		50%
Dietary Fiber	0g		0%
<b>Protein</b>	0g		
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<b>Vitamin A</b>			0%
<b>Vitamin C</b>			0%
<b>Calcium</b>			0%
<b>Iron</b>			0%

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