



30 Minutes To Homemade CERTO Strawberry-Rhubarb Freezer Jam



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



1470 min.

SERVINGS



30

CALORIES



105 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 pouch certo fruit pectin
- 1 Tbsp juice of lemon fresh
- 0.5 cup rhubarb finely chopped (buy)
- 1.3 cups strawberries ripe crushed (buy 1 pt. fully strawberries)
- 4 cups sugar

Equipment

- bowl

Directions

- Rinse clean plastic containers and lids with boiling water. Dry thoroughly.
- Measure crushed strawberries and finely chopped rhubarb into large bowl. Stir in sugar.
- Let stand 10 minutes, stirring occasionally.
- Mix pectin and lemon juice in small bowl.
- Add to fruit mixture; stir 3 minutes or until sugar is dissolved and no longer grainy. (A few sugar crystals will remain.)
- Fill all containers to within 1/2 inch of tops. Wipe off top edges of containers; immediately cover with lids.
- Let stand at room temperature 24 hours. Jam is now ready to use. Store in refrigerator up to 3 weeks or freeze extra containers up to 1 year. Thaw in refrigerator before using.

Nutrition Facts

PROTEIN 0.22% **FAT 0.89%** **CARBS 98.89%**

Properties

Glycemic Index:4.1, Glycemic Load:18.76, Inflammation Score:-1, Nutrition Score:0.48565217415276%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 105.23kcal (5.26%), Fat: 0.11g (0.17%), Saturated Fat: 0g (0.01%), Carbohydrates: 27.18g (9.06%), Net Carbohydrates: 27.02g (9.82%), Sugar: 26.94g (29.94%), Cholesterol: 0mg (0%), Sodium: 0.48mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.12%), Vitamin C: 3.88mg (4.71%), Manganese: 0.03mg (1.41%)