



30 Minutes To Homemade CERTO Strawberry-Rhubarb Freezer Jam

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



1470 min.

SERVINGS



96

CALORIES



33 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:1.28, Glycemic Load:5.86, Inflammation Score:0, Nutrition Score:0.15173913117336%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.47mg, Pelargonidin: 0.47mg, Pelargonidin: 0.47mg, Pelargonidin: 0.47mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 32.88kcal (1.64%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0%), Carbohydrates: 8.49g (2.83%), Net Carbohydrates: 8.44g (3.07%), Sugar: 8.42g (9.35%), Cholesterol: 0mg (0%), Sodium: 0.15mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.04%), Vitamin C: 1.21mg (1.47%)