

# 30 Minutes to Homemade SURE-JELL Hot Pepper Freezer Jelly

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



1475 min.

SERVINGS



35

CALORIES



136 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- 0.3 cup heinz apple cider vinegar
- 2.5 cups bottled apple juice
- 1 pkg sure-jell fruit pectin
- 10 oz pickled jalapeño peppers whole seeded drained finely chopped
- 1 drop food coloring green red
- 5.5 cups sugar
- 0.8 cup water

## Equipment

- bowl
- sauce pan

## Directions

- Rinse clean plastic containers and lids in boiling water. Dry thoroughly.
- Measure exactly 2/3 cup chopped peppers into large bowl.
- Add apple juice, vinegar and food coloring; mix well. Stir in sugar.
- Let stand 10 min., stirring occasionally.
- Mix water and pectin in small saucepan. Bring to boil on high heat, stirring constantly. Cook and stir 1 min.
- Add to apple juice mixture; stir 3 min. or until sugar is dissolved and no longer grainy. (A few sugar crystals may remain.)
- Fill all containers immediately to within 1/2 inch of tops. Wipe off top edges of containers; immediately cover with lids.
- Let stand at room temperature 24 hours. Jelly 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 0.26%  FAT 0.9%  CARBS 98.84%

## Properties

Glycemic Index:4.6, Glycemic Load:22.77, Inflammation Score:-1, Nutrition Score:0.82695652933224%

## Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## Nutrients (% of daily need)

Calories: 135.77kcal (6.79%), Fat: 0.14g (0.22%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 34.99g (11.66%), Net Carbohydrates: 34.69g (12.62%), Sugar: 33.27g (36.97%), Cholesterol: 0mg (0%), Sodium: 4.46mg (0.19%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.18%), Vitamin C: 6.67mg (8.09%), Manganese: 0.03mg (1.47%),  
Fiber: 0.3g (1.18%), Vitamin B6: 0.02mg (1.07%)