



## 30 Minutes to Homemade SURE.JELL Blueberry Freezer Jam

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



1480 min.

SERVINGS



100

CALORIES



45 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 3 cups fruit ripe prepared (buy 5 cups fully blueberries)
- 1 box sure-jell fruit pectin
- 5.3 cups sugar
- 0.8 cup water

### Equipment

- bowl
- sauce pan

## Directions

- Rinse 7 (1-cup) plastic containers and lids with boiling water. Dry thoroughly.
- Stem and crush blueberries thoroughly, one layer at a time. Measure exactly 3 cups prepared fruit into large bowl. 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 fruit mixture; stir 3 min. (A few sugar crystals may remain.)
- Fill 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. Refrigerate up to 3 weeks or freeze up to 1 year. (If frozen, thaw in refrigerator before using.)

## Nutrition Facts

 **PROTEIN 0.29%**  **FAT 0.96%**  **CARBS 98.75%**

## Properties

Glycemic Index:1.1, Glycemic Load:7.55, Inflammation Score:-1, Nutrition Score:0.19652173797721%

## Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Petunidin: 1.4mg, Petunidin: 1.4mg, Petunidin: 1.4mg, Petunidin: 1.4mg Delphinidin: 1.57mg, Delphinidin: 1.57mg, Delphinidin: 1.57mg, Delphinidin: 1.57mg Malvidin: 3mg, Malvidin: 3mg, Malvidin: 3mg, Malvidin: 3mg Peonidin: 0.9mg, Peonidin: 0.9mg, Peonidin: 0.9mg, Peonidin: 0.9mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 44.58kcal (2.23%), Fat: 0.05g (0.08%), Saturated Fat: 0g (0.01%), Carbohydrates: 11.55g (3.85%), Net Carbohydrates: 11.4g (4.15%), Sugar: 10.92g (12.13%), Cholesterol: 0mg (0%), Sodium: 1.24mg (0.05%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.03g (0.07%)