



30 Minutes to Homemade SURE.JELL Blueberry-Peach Freezer Jam

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



1490 min.

SERVINGS



50

CALORIES



90 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 4 cups fully blueberries ripe
- 1.8 oz sure-jell fruit pectin
- 0.3 cup juice of lemon
- 2 fully peaches fresh ripe
- 5 cups sugar
- 0.8 cup water

Equipment

- bowl
- sauce pan

Directions

- Rinse clean plastic containers and lids with boiling water. Dry thoroughly.
- Stem and crush blueberries thoroughly; measure exactly 2 cups into large bowl. Peel, pit and finely chop peaches. Measure exactly 1 cup peaches into bowl with blueberries; mix well. Stir in lemon juice, then sugar.
- Let stand 10 min., stirring occasionally.
- Mix water and pectin in small saucepan. Bring to boil on high heat, stirring constantly. Boil 1 min., stirring constantly.
- Add to fruit 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. Jam is now ready to use. Store in refrigerator up to 3 weeks or in freezer up to 1 year. Thaw in refrigerator before using.

Nutrition Facts

PROTEIN 0.63% **FAT 1.19%** **CARBS 98.18%**

Properties

Glycemic Index:3.01, Glycemic Load:14.74, Inflammation Score:-1, Nutrition Score:0.69086956135605%

Flavonoids

Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg Petunidin: 3.73mg, Petunidin: 3.73mg, Petunidin: 3.73mg, Petunidin: 3.73mg Delphinidin: 4.19mg, Delphinidin: 4.19mg, Delphinidin: 4.19mg, Delphinidin: 4.19mg Malvidin: 8mg, Malvidin: 8mg, Malvidin: 8mg, Malvidin: 8mg Peonidin: 2.4mg, Peonidin: 2.4mg, Peonidin: 2.4mg, Peonidin: 2.4mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin:

0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol:
0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.15mg, Myricetin: 0.15mg,
Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin:
0.95mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 89.76kcal (4.49%), Fat: 0.13g (0.19%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 23.22g (7.74%), Net
Carbohydrates: 22.76g (8.28%), Sugar: 21.67g (24.08%), Cholesterol: 0mg (0%), Sodium: 3.27mg (0.14%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.3%), Vitamin K: 2.47µg (2.35%), Vitamin C: 1.87mg (2.26%),
Manganese: 0.05mg (2.25%), Fiber: 0.46g (1.85%)