



30 Minutes to Homemade SURE.JELL Orange Freezer Marmalade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



1470 min.

SERVINGS



30

CALORIES



121 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2.3 cups fruit prepared (buy 3 medium navel oranges)
- 1 box sure-jell fruit pectin
- 2 Tbsp juice of lemon fresh
- 4.3 cups sugar
- 0.8 cup water

Equipment

- bowl

sauce pan

peeler

Directions

Rinse clean plastic containers and lids with boiling water. Dry thoroughly.

Remove colored part of peel from the oranges using a vegetable peeler.

Cut the peel into thin slivers, or finely chop. Peel and discard remaining white part of peel from the oranges. Finely chop the fruit, reserving any juice.

Mix with the slivered peel along with the lemon juice. Measure 2-1/3 cups of the fruit mixture into large bowl. (If needed, add up to 1/2 cup water for exact measure.) Stir in sugar.

Let stand 10 min., stirring occasionally.

Mix water and pectin in small saucepan. Bring to boil on high heat, stirring constantly. Boil and stir 1 min.

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. Marmalade 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 0.39% **FAT 0.83%** **CARBS 98.78%**

Properties

Glycemic Index:2.34, Glycemic Load:19.78, Inflammation Score:-1, Nutrition Score:0.85739130040874%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 2.95mg, Hesperetin: 2.95mg, Hesperetin: 2.95mg, Hesperetin: 2.95mg Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 121.01kcal (6.05%), Fat: 0.12g (0.18%), Saturated Fat: 0g (0.02%), Carbohydrates: 31.41g (10.47%), Net Carbohydrates: 30.98g (11.26%), Sugar: 29.39g (32.66%), Cholesterol: 0mg (0%), Sodium: 4.05mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.25%), Vitamin C: 7.97mg (9.66%), Fiber: 0.43g (1.71%), Folate: 4.58µg (1.14%)