



30 Minutes to Homemade SURE.JELL Peach Freezer Jam

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



1470 min.

SERVINGS



96

CALORIES



42 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 3 cups fruit ripe prepared (buy 2 lb. fully peaches)
- 1 box sure-jell fruit pectin
- 2 Tbsp juice of lemon fresh
- 4.5 cups sugar
- 0.8 cup water

Equipment

- bowl

sauce pan

Directions

- Rinse 6 clean plastic containers and lids with boiling water. Dry thoroughly.
- Peel and pit peaches. Finely chop or grind fruit. Measure exactly 3 cups prepared fruit into large bowl.
- Add sugar and lemon juice; mix well.
- 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 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. Refrigerate up to 3 weeks or freeze up to 1 year. (If frozen, thaw in refrigerator before using.)

Nutrition Facts

 PROTEIN 0.33%  FAT 0.81%  CARBS 98.86%

Properties

Glycemic Index:0.73, Glycemic Load:6.54, Inflammation Score:-1, Nutrition Score:0.16478260995253%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg

Nutrients (% of daily need)

Calories: 42.08kcal (2.1%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0.01%), Carbohydrates: 10.91g (3.64%), Net Carbohydrates: 10.75g (3.91%), Sugar: 10.2g (11.33%), Cholesterol: 0mg (0%), Sodium: 1.6mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.04g (0.07%)