



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

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



1470 min.

SERVINGS



100

CALORIES



42 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1.5 cups blueberries ripe crushed (buy 2 cups fully blueberries)
- 1 box sure-jell fruit pectin
- 1.5 cups raspberries ripe crushed (buy 2 cups fully raspberries)
- 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, 1 layer at a time. Measure exactly 1-1/2 cups crushed blueberries into large bowl. Mash raspberries. Measure exactly 1-1/2 cups mashed raspberries into bowl with blueberries. Stir in sugar.
- Let stand 10 min., stirring occasionally.
- Mix water and pectin in small saucepan. Bring to boil on high heat, stirring constantly. Continue boiling and stirring 1 min.
- Add to fruit mixture; stir 3 min. or until sugar is almost 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 freeze extra containers up to 1 year. Thaw in refrigerator before using.

Nutrition Facts

 **PROTEIN 0.36%**  **FAT 1.06%**  **CARBS 98.58%**

Properties

Glycemic Index:1.36, Glycemic Load:7.11, Inflammation Score:-1, Nutrition Score:0.23217391384685%

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Petunidin: 0.71mg, Petunidin: 0.71mg, Petunidin: 0.71mg, Petunidin: 0.71mg Delphinidin: 0.81mg, Delphinidin: 0.81mg, Delphinidin: 0.81mg, Delphinidin: 0.81mg Malvidin: 1.5mg, Malvidin: 1.5mg, Malvidin: 1.5mg, Malvidin: 1.5mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.45mg, Peonidin: 0.45mg, Peonidin: 0.45mg, Peonidin: 0.45mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 42.33kcal (2.12%), Fat: 0.05g (0.08%), Saturated Fat: 0g (0.01%), Carbohydrates: 10.95g (3.65%), Net Carbohydrates: 10.73g (3.9%), Sugar: 10.28g (11.42%), Cholesterol: 0mg (0%), Sodium: 1.23mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.04g (0.08%), Manganese: 0.02mg (1.01%)