



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

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



1470 min.

SERVINGS



100

CALORIES



46 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 3 cups fruit red ripe prepared (buy 6 cups fully raspberries)
- 1 box sure-jell fruit pectin
- 5.3 cups sugar
- 0.8 cup water

### Equipment

- bowl
- sauce pan

sieve

## Directions

- Rinse clean plastic containers and lids with boiling water. Dry thoroughly.
- Crush raspberries thoroughly, one layer at a time. Press half the pulp through sieve to remove seeds, if desired. Measure exactly 3 cups crushed raspberries 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. 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. If frozen, thaw in refrigerator before using.

## Nutrition Facts

 PROTEIN 0.28%  FAT 0.79%  CARBS 98.93%

## Properties

Glycemic Index:0.7, Glycemic Load:7.33, Inflammation Score:-1, Nutrition Score:0.15173912995859%

## Nutrients (% of daily need)

Calories: 46.1kcal (2.31%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0.01%), Carbohydrates: 11.95g (3.98%), Net Carbohydrates: 11.79g (4.29%), Sugar: 11.28g (12.53%), Cholesterol: 0mg (0%), Sodium: 1.55mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.03g (0.07%)