



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

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



1470 min.

SERVINGS



30

CALORIES



126 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 cup blueberries crushed
- 1 pkg sure-jell fruit pectin
- 1.5 cups strawberries fresh crushed
- 4.5 cups sugar
- 0.8 cup water

Equipment

- bowl

sauce pan

Directions

Rinse 6 clean (1-cup) plastic containers and lids with boiling water. Dry thoroughly.

Mix fruit in 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. 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 **0.27%**  FAT **0.95%**  CARBS **98.78%**

Properties

Glycemic Index:5, Glycemic Load:21.35, Inflammation Score:-1, Nutrition Score:0.71043477855299%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Petunidin: 1.56mg, Petunidin: 1.56mg, Petunidin: 1.56mg, Petunidin: 1.56mg Delphinidin: 1.77mg, Delphinidin: 1.77mg, Delphinidin: 1.77mg, Delphinidin: 1.77mg Malvidin: 3.34mg, Malvidin: 3.34mg, Malvidin: 3.34mg, Malvidin: 3.34mg Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 126.03kcal (6.3%), Fat: 0.14g (0.21%), Saturated Fat: 0g (0.02%), Carbohydrates: 32.65g (10.88%), Net Carbohydrates: 32.25g (11.73%), Sugar: 30.78g (34.2%), Cholesterol: 0mg (0%), Sodium: 4.05mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.18%), Vitamin C: 4.71mg (5.71%), Manganese: 0.05mg (2.34%), Fiber: 0.41g (1.62%), Vitamin K: 1.11µg (1.06%)