



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

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



1470 min.

SERVINGS



96

CALORIES



39 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:1.56, Glycemic Load:6.67, Inflammation Score:-1, Nutrition Score:0.22130434765764%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Petunidin: 0.49mg, Petunidin: 0.49mg, Petunidin: 0.49mg, Petunidin: 0.49mg Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg Malvidin: 1.04mg, Malvidin: 1.04mg, Malvidin: 1.04mg, Malvidin: 1.04mg Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 39.39kcal (1.97%), Fat: 0.04g (0.07%), Saturated Fat: 0g (0.01%), Carbohydrates: 10.2g (3.4%), Net Carbohydrates: 10.08g (3.66%), Sugar: 9.62g (10.69%), Cholesterol: 0mg (0%), Sodium: 1.27mg (0.06%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 0.03g (0.06%), Vitamin C: 1.47mg (1.78%)