



## 30 Minutes to Homemade SURE.JELL Strawberry-Citrus Freezer Jam

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



1470 min.

SERVINGS



30

CALORIES



116 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 1 box sure-jell fruit pectin
- 2 limes
- 2 oranges
- 1.5 cups strawberries ripe crushed (1 qt. fully strawberries)
- 4 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 strawberries thoroughly, one layer at a time. Measure exactly 1-1/2 cups of the crushed strawberries into large bowl. Grate oranges; add grated peel to strawberries in bowl. Peel, section and finely chop oranges; add to ingredients in bowl. Grate limes; add grated peel to ingredients in bowl. Squeeze juice from limes; add juice to ingredients in 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. Boil and stir 1 min.
- Add to fruit mixture; stir 3 min. or until sugar is 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 0.54%** **FAT 0.97%** **CARBS 98.49%**

## Properties

Glycemic Index:6.15, Glycemic Load:19.24, Inflammation Score:-1, Nutrition Score:1.133478268981%

## Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg 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

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## **Nutrients (% of daily need)**

Calories: 115.83kcal (5.79%), Fat: 0.13g (0.2%), Saturated Fat: 0g (0.03%), Carbohydrates: 30.12g (10.04%), Net Carbohydrates: 29.5g (10.73%), Sugar: 27.86g (30.95%), Cholesterol: 0mg (0%), Sodium: 4.06mg (0.18%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 0.17g (0.33%), Vitamin C: 10.18mg (12.34%), Fiber: 0.62g (2.49%), Manganese: 0.03mg (1.63%), Folate: 4.72µg (1.18%), Copper: 0.02mg (1.01%)