



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

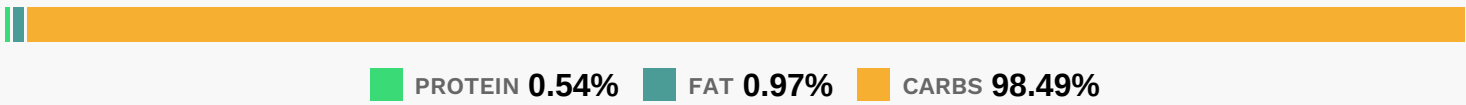
Equipment

- ☐ 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



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

Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Hesperetin: 4.3mg, Hesperetin: 4.3mg, Hesperetin: 4.3mg, Hesperetin: 4.3mg Naringenin: 1.51mg, Naringenin: 1.51mg, Naringenin: 1.51mg, Naringenin: 1.51mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg 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: 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%)