



30 Minutes To Homemade SURE.JELL Strawberry Freezer Jam

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



1470 min.

SERVINGS



30

CALORIES



111 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 pkg sure-jell fruit pectin
- 2 cups strawberries ripe crushed (buy 1 qt. fully strawberries)
- 4 cups sugar
- 0.8 cup water

Equipment

- bowl
- sauce pan

Directions

- Rinse 5 (1-cup) plastic containers and lids with boiling water. Dry thoroughly.
- Remove and discard strawberry stems. Crush strawberries thoroughly, 1 cup at a time. Measure exactly 2 cups prepared fruit 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 most the sugar is dissolved. (A few sugar crystals may remain.)
- Fill 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 in freezer up to 1 year. (If frozen, thaw in refrigerator before using.)

Nutrition Facts

PROTEIN 0.24% **FAT 0.92%** **CARBS 98.84%**

Properties

Glycemic Index:3.67, Glycemic Load:18.83, Inflammation Score:-1, Nutrition Score:0.66260870659481%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg 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: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 111.16kcal (5.56%), Fat: 0.12g (0.18%), Saturated Fat: 0g (0.01%), Carbohydrates: 28.8g (9.6%), Net Carbohydrates: 28.47g (10.35%), Sugar: 27.08g (30.09%), Cholesterol: 0mg (0%), Sodium: 3.99mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.14%), Vitamin C: 5.64mg (6.84%), Manganese: 0.04mg (1.96%), Fiber: 0.34g (1.34%)