



30 Minutes To Homemade SURE.JELL Strawberry Freezer Jam

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



1470 min.

SERVINGS



72

CALORIES



46 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:1.53, Glycemic Load:7.85, Inflammation Score:-1, Nutrition Score:0.27739130082014%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.99mg, Pelargonidin: 0.99mg, Pelargonidin: 0.99mg, Pelargonidin: 0.99mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 46.31kcal (2.32%), Fat: 0.05g (0.08%), Saturated Fat: 0g (0.01%), Carbohydrates: 12g (4%), Net Carbohydrates: 11.86g (4.31%), Sugar: 11.28g (12.54%), Cholesterol: 0mg (0%), Sodium: 1.66mg (0.07%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.03g (0.06%), Vitamin C: 2.35mg (2.85%)