



## 30 Minutes to Homemade SURE.JELL® Apple Freezer Jelly

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



1465 min.

SERVINGS



96

CALORIES



45 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 3 cups bottled apple juice
- 1 box sure-jell fruit pectin
- 2 Tbsp juice of lemon fresh
- 5 cups sugar
- 0.8 cup water

### Equipment

- bowl

sauce pan

## Directions

- Rinse clean plastic containers and lids with boiling water. Dry thoroughly.
- Mix apple juice and lemon juice 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. Boil and stir 1 min.
- Add to juice 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. Jelly 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 0.09%**  **FAT 0.87%**  **CARBS 99.04%**

## Properties

Glycemic Index:1.15, Glycemic Load:7.62, Inflammation Score:1, Nutrition Score:0.10130434726243%

## Flavonoids

Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 45.43kcal (2.27%), Fat: 0.05g (0.07%), Saturated Fat: 0g (0.01%), Carbohydrates: 11.74g (3.91%), Net Carbohydrates: 11.68g (4.25%), Sugar: 11.15g (12.39%), Cholesterol: 0mg (0%), Sodium: 1.55mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.01g (0.02%)