

30 Minutes to Homemade SURE.JELLÂ® Cranberry-Orange Freezer Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



1470 min.

SERVINGS



100

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups fruit ripe prepared (buy 1 lb. fully cranberries, 2 medium oranges and 1 lemon)
- 1 box sure-jell fruit pectin
- 1 tsp ground cinnamon
- 0.1 tsp ground cloves
- 5.5 cups sugar
- 0.8 cup water

Equipment

- bowl
- sauce pan
- peeler

Directions

- Rinse clean plastic containers and lids with boiling water. Dry thoroughly.
- Finely chop or grind cranberries. Measure 2 cups of the cranberries; set aside.
- Remove colored part of peel from oranges using a vegetable peeler; set aside.
- Remove and discard remaining white part of peel from oranges. Chop the orange pulp, reserving any juice. Repeat procedure with lemon. Chop reserved orange and lemon peels.
- Combine all fruit, including cranberries, and peels. Measure exactly 3 cups of the prepared fruit mixture into large bowl.
- Add spices; mix well. 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 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. Relish 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 0.14%
 ■ FAT 0.78%
 ■ CARBS 99.08%

Properties

Glycemic Index:1.2, Glycemic Load:7.79, Inflammation Score:0, Nutrition Score:0.16347826191265%

Flavonoids

Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg
 Delphinidin: 0.23mg, Delphinidin: 0.23mg,
 Delphinidin: 0.23mg, Delphinidin: 0.23mg
 Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg

Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.47mg, Peonidin: 1.47mg, Peonidin: 1.47mg, Peonidin: 1.47mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 45.43kcal (2.27%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0%), Carbohydrates: 11.79g (3.93%), Net Carbohydrates: 11.63g (4.23%), Sugar: 11.11g (12.34%), Cholesterol: 0mg (0%), Sodium: 1.27mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.03%)