



30 Minutes to Homemade SURE.JELLÂ® Peach-Apricot Freezer Jam



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



1470 min.

SERVINGS



96

CALORIES



37 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2.3 cups fruit ripe prepared (buy 1 lb. fully peaches and)
- ☐ 1 box sure-jell fruit pectin
- ☐ 2 Tbsp juice of lemon fresh
- ☐ 4 cups sugar
- ☐ 0.8 cup water
- ☐ 0.5 tsp produce protector
- ☐ 0.5 tsp produce protector

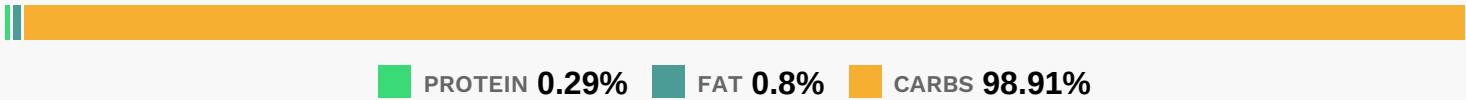
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Rinse clean plastic containers and lids with boiling water. Dry thoroughly.
- ☐ Peel and pit peaches. Finely chop or grind fruit. Measure exactly 1-1/4 cups prepared peaches into large bowl. Pit and finely chop or grind unpeeled apricots. Measure exactly 1 cup prepared apricots into bowl with peaches.
- ☐ Add sugar, lemon juice and fruit protector; mix well.
- ☐ Let stand 10 min., stirring occasionally.
- ☐ Mix pectin and water in small saucepan. Bring mixture 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. 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:0.73, Glycemic Load:5.82, Inflammation Score:-1, Nutrition Score:0.13217391389544%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg

Nutrients (% of daily need)

Calories: 37.01kcal (1.85%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0.01%), Carbohydrates: 9.61g (3.2%), Net Carbohydrates: 9.47g (3.44%), Sugar: 8.95g (9.94%), Cholesterol: 0mg (0%), Sodium: 1.5mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.03g (0.06%)