



30 Minutes To Homemade SURE.JELLÂ® Raspberry-Peach Freezer Jam

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



1470 min.

SERVINGS



30

CALORIES



201 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 3.5 cups fruit red ripe prepared (buy 1-)
- 1 box sure-jell fruit pectin
- 7 cups sugar
- 0.8 cup water

Equipment

- bowl
- sauce pan

sieve

Directions

- Rinse clean plastic containers and lids with boiling water. Dry thoroughly.
- Crush raspberries thoroughly, one layer at a time. (Press half of pulp through a sieve to remove some of the seeds, if desired.) Measure exactly 2 cups prepared raspberries into large bowl. Peel and pit peaches; finely chop or grind the fruit. Measure exactly 1-1/2 cups prepared peaches into bowl with the raspberries. Stir in sugar.
- Let stand 10 minutes, stirring occasionally.
- Mix water and pectin in small saucepan. Bring to boil on high heat, stirring constantly. Boil and stir 1 minute.
- Add to fruit mixture; stir 3 minutes 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

PROTEIN 0.25% **FAT 0.78%** **CARBS 98.97%**

Properties

Glycemic Index:2.34, Glycemic Load:32.58, Inflammation Score:-1, Nutrition Score:0.58565217515697%

Nutrients (% of daily need)

Calories: 200.84kcal (10.04%), Fat: 0.18g (0.28%), Saturated Fat: 0g (0.02%), Carbohydrates: 52.04g (17.35%), Net Carbohydrates: 51.45g (18.71%), Sugar: 49.68g (55.2%), Cholesterol: 0mg (0%), Sodium: 5.48mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.26%), Fiber: 0.59g (2.34%), Vitamin A: 83.55IU (1.67%), Copper: 0.03mg (1.6%), Vitamin K: 1.27µg (1.21%)