



Apple Freezer Jam

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



26 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1.8 oz premium fruit pectin
- 3 cups gala apple diced peeled (3)
- 2 cups apples i use 2 granny smith apples diced peeled (2)
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground ginger
- 1 cup sugar
- 1 jars frangelico
- 1 jars frangelico

Equipment

- bowl
- ladle
- pot

Directions

- In large bowl, mix apples, sugar, cinnamon and ginger; toss to coat. Set aside at room temperature 30 minutes.
- Place the apples and any collected juices into large pot, and mix in pectin.
- Heat to boiling; reduce heat to medium, and cook jam until thickened and apples have softened, about 10 minutes.
- Use ladle to transfer jam into clean jars, leaving about 1/2 inch space at top of each jar.
- Place lids on top, and allow to cool to room temperature (at least 2 hours), before freezing. Defrost jam in refrigerator before using.

Nutrition Facts

PROTEIN 0.56% **FAT 1.27%** **CARBS 98.17%**

Properties

Glycemic Index:2.9, Glycemic Load:3.38, Inflammation Score:-1, Nutrition Score:0.27956521721638%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 26.29kcal (1.31%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0.03%), Carbohydrates: 6.91g (2.3%), Net Carbohydrates: 6.5g (2.36%), Sugar: 5.51g (6.13%), Cholesterol: 0mg (0%), Sodium: 2.25mg (0.1%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.04g (0.08%), Fiber: 0.42g (1.66%)