



Apple-Pepper Jelly



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



64

CALORIES



52 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 cups water
- ☐ 6 ounces orange juice concentrate frozen thawed canned
- ☐ 1.8 ounces premium fruit pectin
- ☐ 3.8 cups sugar
- ☐ 3 drops food coloring red
- ☐ 1 tablespoons pepper red crushed

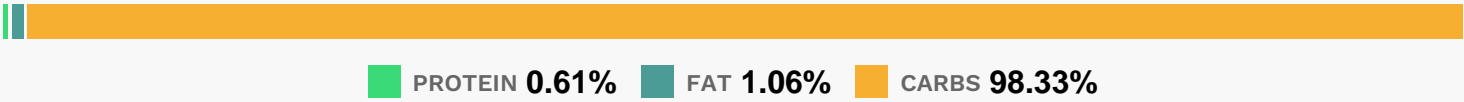
Equipment

- ☐ sauce pan

Directions

- ☐ Mix water, apple juice concentrate and pectin in 3-quart saucepan until pectin is dissolved.
- ☐ Heat to boiling, stirring constantly. Stir in sugar.
- ☐ Heat to rolling boil, stirring constantly; remove from heat. Stir in food color. Quickly skim off foam. Stir in pepper.
- ☐ Immediately pour into hot, sterilized jars or freezer containers, leaving 1/2-inch headspace. Wipe rims of jars. Seal immediately; cool. Store in refrigerator up to 1 month or in freezer up to 2 months. Thaw before serving.

Nutrition Facts



Properties

Glycemic Index:1.1, Glycemic Load:8.18, Inflammation Score:-1, Nutrition Score:0.50217391582935%

Nutrients (% of daily need)

Calories: 51.92kcal (2.6%), Fat: 0.06g (0.1%), Saturated Fat: 0g (0.03%), Carbohydrates: 13.37g (4.46%), Net Carbohydrates: 13.23g (4.81%), Sugar: 12.49g (13.88%), Cholesterol: 0mg (0%), Sodium: 4.27mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.17%), Vitamin C: 3.85mg (4.67%)