



Apricot Miso Jam



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



105 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 small bay leaves
- ☐ 0.5 cup cherries dried chopped
- ☐ 0.5 cinnamon sticks
- ☐ 2 cups apricot dried chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon miso
- ☐ 0.3 cup orange juice fresh
- ☐ 0.5 cup wine dry white

☐ 1 star anise whole

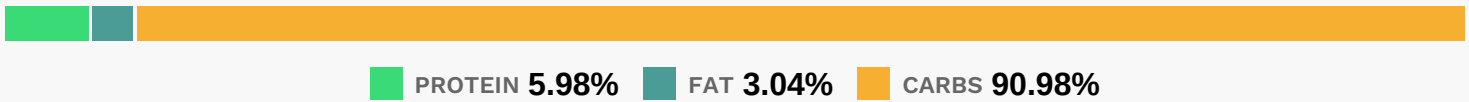
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ cheesecloth
- ☐ kitchen twine

Directions

- ☐ Combine 2 cups chopped driedapricots, 1/2 cup chopped dried tart cherries, 1/2 cup sake or dry whitewine, 1/4 cup fresh orange juice, 1 tablespoon fresh lemon juice, and 1 cupwater in a large saucepan; let soak for 2 hours.
- ☐ Place 1 whole star anise,1 small bay leaf, 1/2 cinnamon stick, and 1/2 teaspoon finely grated peeledginger in the center of a layer of cheesecloth. Gather up edges; tie withkitchen twine to form a bundle.
- ☐ Add to pan. Bring to a simmer over mediumheat; reduce heat to low and cook, stirring often, for 30 minutes. Stirin 1 tablespoon plus 2 teaspoons miso. Continue to cook, stirring occasionally, until mixture is thickened, 5-10 minutes.
- ☐ Let cool.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:7, Inflammation Score:-7, Nutrition Score:4.9608695985668%

Flavonoids

Cyanidin: 2.61mg, Cyanidin: 2.61mg, Cyanidin: 2.61mg, Cyanidin: 2.61mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin:

1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 105.17kcal (5.26%), Fat: 0.35g (0.55%), Saturated Fat: 0.03g (0.22%), Carbohydrates: 23.84g (7.95%), Net Carbohydrates: 21.01g (7.64%), Sugar: 19.44g (21.6%), Cholesterol: 0mg (0%), Sodium: 83.4mg (3.63%), Alcohol: 1.54g (100%), Alcohol %: 2.87% (100%), Protein: 1.57g (3.14%), Vitamin A: 1196.09IU (23.92%), Potassium: 431.5mg (12.33%), Fiber: 2.83g (11.31%), Vitamin E: 1.42mg (9.5%), Manganese: 0.16mg (8.08%), Vitamin C: 5.57mg (6.75%), Copper: 0.13mg (6.59%), Iron: 1.08mg (5.98%), Vitamin B3: 0.93mg (4.65%), Magnesium: 15.19mg (3.8%), Vitamin B6: 0.07mg (3.39%), Phosphorus: 33.14mg (3.31%), Calcium: 25.63mg (2.56%), Vitamin B2: 0.04mg (2.19%), Vitamin B5: 0.22mg (2.18%), Vitamin K: 1.95µg (1.85%), Folate: 6.9µg (1.72%), Zinc: 0.22mg (1.47%), Selenium: 0.9µg (1.29%), Vitamin B1: 0.02mg (1.2%)