



## Apricot Pineapple Jam

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



5

CALORIES



705 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 12 ounces apricot dried
- 1 cup water
- 20 ounces pineapple crushed undrained canned
- 0.5 cup grapefruit juice
- 3 cups sugar

### Equipment

- sauce pan

## Directions

- In a large saucepan, bring apricots and water to a boil. Reduce heat; cover and simmer 15 minutes or until apricots are very tender. Mash.
- Add pineapple, grapefruit juice and sugar. Simmer, uncovered, 1 hour or until thick and translucent, stirring frequently.
- Wash five 1-cup plastic or freezer-safe containers with hot, soapy water. Dry thoroughly.
- Pour into jam into containers; cool to room temperature, about 1 hour. Cover and let stand overnight or until set, but no longer than 24 hours.
- Jam is now ready to use. Refrigerate up to 3 weeks or freeze up to 1 year. Thaw frozen jam in refrigerator before serving.

## Nutrition Facts

**PROTEIN 1.62%** **FAT 1.06%** **CARBS 97.32%**

## Properties

Glycemic Index:30.3, Glycemic Load:97.59, Inflammation Score:-9, Nutrition Score:11.178260906883%

## Nutrients (% of daily need)

Calories: 704.87kcal (35.24%), Fat: 0.88g (1.35%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 182.38g (60.79%), Net Carbohydrates: 175.91g (63.97%), Sugar: 174.86g (194.29%), Cholesterol: 0mg (0%), Sodium: 11.98mg (0.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.05%), Vitamin A: 2510.47IU (50.21%), Potassium: 970.5mg (27.73%), Fiber: 6.46g (25.86%), Vitamin C: 17.69mg (21.44%), Vitamin E: 2.97mg (19.79%), Copper: 0.37mg (18.53%), Iron: 2.28mg (12.68%), Vitamin B3: 2.16mg (10.78%), Magnesium: 41.62mg (10.4%), Vitamin B6: 0.18mg (9.12%), Vitamin B1: 0.13mg (8.39%), Manganese: 0.16mg (8.23%), Calcium: 60.07mg (6.01%), Phosphorus: 58.84mg (5.88%), Vitamin B2: 0.1mg (5.7%), Selenium: 2.67µg (3.81%), Vitamin B5: 0.37mg (3.75%), Folate: 12.95µg (3.24%), Zinc: 0.42mg (2.79%), Vitamin K: 2.9µg (2.76%)