



Apricot Riesling Jam



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



40

CALORIES



11 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 5 cups apricots chopped
- ☐ 0.3 cup mirin (or Gewürztraminer)
- ☐ 5 tablespoons juice of lemon

Equipment

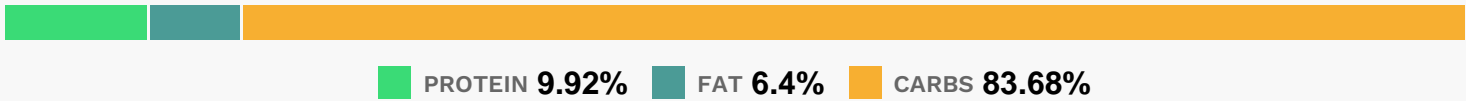
- ☐ bowl
- ☐ ladle
- ☐ oven
- ☐ pot

☐ canning jar

Directions

- ☐ Place a couple small plates in the freezer, these will be used to test the jam later.
- ☐ Place the apricots, sugar, wine, and lemon juice in a large (at least 4-qt), thick-bottomed, stainless steel pot and bring to a boil over medium-high heat.
- ☐ Skim the foam, gently stir: The mixture will boil and rise in volume. Skim off the pale yellow foam that forms at the top and discard. The boil will subside to larger bubbles, but still bubble vigorously. Be sure to begin gently stirring the jam frequently to prevent it from sticking to the bottom.
- ☐ Test jam on cold plate: After about 25 minutes begin testing the jam by placing a small amount on a cold plate. Allow 30 seconds to pass and then run your finger through it to see what the cooled consistency will be. Boil for a few minutes longer if desired for a thicker jam.
- ☐ Ladle into jars: Ladle into hot, sterilized canning jars** and seal leaving 1/4 inch of head space. Before applying the lids, sterilize the lids by placing them in a bowl and pouring boiling water over them. Wipe the rims of the jars clean before applying the lids.
- ☐ Will keep for up to a year.
- ☐ * If you want, you can use a few of the kernels from the pits to give your jam a slight almond-y flavor. Roast the pits at 350 for about 10 minutes. Take them and crack them open with a hammer (do outside on concrete), and extract the kernel. Roast the "nuts" for a couple of minutes. Pop one or two in each sterilized jar when you pour the jam in.
- ☐ ** To sterilize the jars, rinse out clean Mason jars, dry them, and place them, without lids, upright in a 200°F oven for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:1.04, Glycemic Load:0.73, Inflammation Score:-3, Nutrition Score:0.96043477102142%

Flavonoids

Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin:

0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 11.31kcal (0.57%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 2.35g (0.78%), Net Carbohydrates: 1.96g (0.71%), Sugar: 1.84g (2.04%), Cholesterol: 0mg (0%), Sodium: 0.21mg (0.01%), Alcohol: 0.19g (100%), Alcohol %: 1.04% (100%), Protein: 0.28g (0.56%), Vitamin A: 373.27IU (7.47%), Vitamin C: 2.66mg (3.23%), Fiber: 0.39g (1.57%), Potassium: 52.11mg (1.49%), Vitamin E: 0.18mg (1.17%)