



Blackberry Jalapeno Jelly



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



45

CALORIES



73 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 4 cups blackberry juice
- ☐ 5 half pint canning jars with lids and rings
- ☐ 1 jalapeno green minced
- ☐ 1.8 ounce powdered pectin
- ☐ 1 jalapeno red minced
- ☐ 3.5 cups sugar white

Equipment

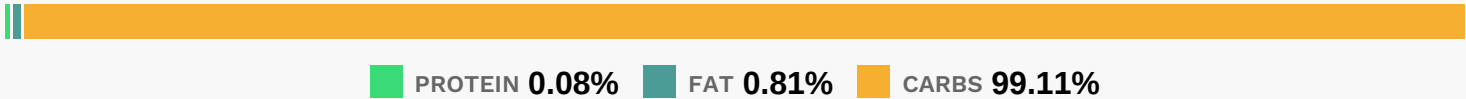
- ☐ bowl

- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Mix the pectin crystals with 1/2 cup sugar in a bowl. Stir the blackberry juice, pectin mixture, green jalapeno, and red jalapeno together in a saucepan; bring the mixture to a boil for 1 full minute.
- ☐ Add the 3 1/2 cups sugar and return to a rolling boil until the sugar has fully dissolved, about 1 minute.
- ☐ Remove from heat; stir while off heat to remove bubbles and foam for about 5 minutes.
- ☐ Ladle into sterile jars leaving 1/4 inch headspace. Seal jars in a hot water bath. Refrigerate jelly after seal is broken.

Nutrition Facts



Properties

Glycemic Index:3.27, Glycemic Load:10.87, Inflammation Score:-1, Nutrition Score:0.77565216961438%

Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 73.3kcal (3.66%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 18.85g (6.28%), Net Carbohydrates: 18.74g (6.82%), Sugar: 17.78g (19.76%), Cholesterol: 0.04mg (0.01%), Sodium: 8.35mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.03%), Vitamin C: 9.38mg (11.37%), Vitamin E: 0.4mg (2.66%), Iron: 0.21mg (1.18%)