



Blackberry Lime Jam

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



100

CALORIES



14 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2.5 cups coarsely blackberries mashed (from)
- ☐ 0.3 teaspoon butter (prevents foaming)
- ☐ 1.3 cups berry juice blend unsweetened
- ☐ 1 tablespoon juice of lime
- ☐ 1 of lime zest
- ☐ 1.3 cups sugar divided
- ☐ 2.5 tablespoons no sugar needed recipes (half a)

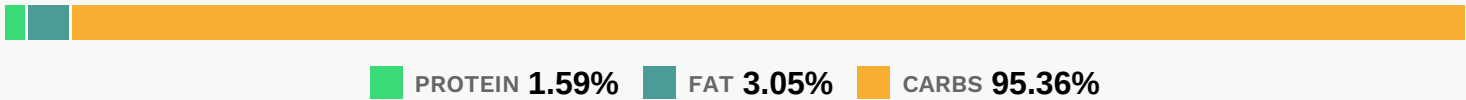
Equipment

- ☐ ladle
- ☐ pot

Directions

- ☐ Combine pectin and 1/4 cup sugar in a 5- to 6-qt. pot. Stir in berries, then berry juice, lime zest and juice, and butter. Bring mixture to a brisk boil over high heat, stirring often.
- ☐ Add remaining sugar. Return jam to a brisk boil, stirring. Cook, stirring constantly, 1 minute.
- ☐ Remove from heat.
- ☐ Ladle jam into heatproof jars and close with lids.
- ☐ Let cool to room temperature. Keeps, chilled, up to 1 month.
- ☐ *We used Santa Cruz Organic Berry Nectar.

Nutrition Facts



Properties

Glycemic Index:2.47, Glycemic Load:2.11, Inflammation Score:-1, Nutrition Score:0.30956521840847%

Flavonoids

Cyanidin: 3.69mg, Cyanidin: 3.69mg, Cyanidin: 3.69mg, Cyanidin: 3.69mg Petunidin: 0.38mg, Petunidin: 0.38mg, Petunidin: 0.38mg, Petunidin: 0.38mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 1.03mg, Malvidin: 1.03mg, Malvidin: 1.03mg, Malvidin: 1.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 14.15kcal (0.71%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 3.57g (1.19%), Net Carbohydrates: 3.32g (1.21%), Sugar: 3.31g (3.68%), Cholesterol: 0.03mg (0.01%), Sodium: 0.17mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.12%), Manganese: 0.03mg (1.32%), Vitamin C: 0.86mg (1.04%)