



Blood Orange Beaujolais Marmalade



Vegetarian



Gluten Free



Low Fod Map

READY IN



120 min.

SERVINGS



60

CALORIES



68 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.1 teaspoon baking soda
- ☐ 6 blood oranges small to medium
- ☐ 4 tablespoons premium fruit pectin
- ☐ 5 cups sugar
- ☐ 0.3 teaspoon butter unsalted

Equipment

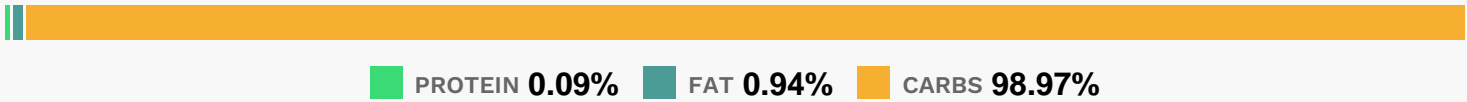
- ☐ food processor
- ☐ bowl

- ☐ ladle
- ☐ pot

Directions

- ☐ Measure the sugar into a large bowl and set aside.
- ☐ Wash the blood oranges and remove the rind in quarters. Thinly slice the rind lengthwise, then roughly chop them crosswise into smaller pieces.
- ☐ Transfer the rind to a large pot and add the wine, baking soda, and 1 1/4 cups of water. Bring to a boil over medium heat, cover, reduce the heat, and simmer until the rinds have softened, 15 minutes.
- ☐ Meanwhile, coarsely chop the oranges and remove any seeds.
- ☐ Transfer the oranges to a food processor and pulse until the orange pieces are broken up but still chunky, about 8 pulses.
- ☐ Add the oranges to the pot with the rind and bring to a simmer. Simmer, covered, 15 minutes.
- ☐ Measure the mixture. You should have about 5 cups. (If you have less, add a bit more wine. If you have more, discard the extra.) Stir in the pectin and butter and bring to a boil over high heat, stirring constantly.
- ☐ Add the sugar all at once and return the mixture to a full rolling boil, stirring constantly. Boil hard for 1 minute.
- ☐ Remove the pot from the heat and skim any foam from the surface of the marmalade with a cold metal spoon. Ladle the marmalade into hot sterilized jars and process them in a hot water bath for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:11.69, Inflammation Score:1, Nutrition Score:0.12652173800313%

Flavonoids

Hesperetin: 0.35mg, Hesperetin: 0.35mg, Hesperetin: 0.35mg, Hesperetin: 0.35mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 68.13kcal (3.41%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 17.64g (5.88%), Net Carbohydrates: 17.53g (6.37%), Sugar: 16.75g (18.62%), Cholesterol: 0.04mg (0.01%), Sodium: 4.42mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.03%)