



Blueberry and Raisin Jam

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



10

CALORIES



541 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 4 pints blueberries fresh
- 0.5 cup orange juice
- 1.8 ounce powdered low-sugar pectin
- 12 ounces raisins
- 4 cups sugar white

Equipment

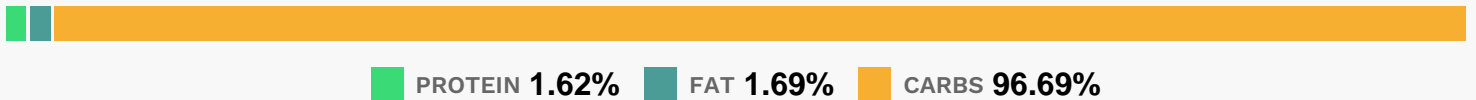
- food processor
- paper towels

- knife
- pot
- blender
- spatula

Directions

- Blend raisins and orange juice in a blender or food processor until smooth; transfer mixture to a pot. Blend blueberries in blender or food processor until pureed; add to raisin mixture. Stir pectin into fruit mixture and bring to a boil.
- Mix sugar into fruit mixture; boil, stirring often, until sugar is dissolved, about 5 more minutes.
- Sterilize the jars and lids in boiling water for 10 minutes. Pack the jam into the hot, sterilized jars, filling the jars to within 1/4 inch of the top. Run a knife or a thin spatula around the insides of the jars after they have been filled to remove any air bubbles. Wipe the rims of the jars with a moist paper towel to remove any food residue. Top with lids, and screw on rings.
- Place a rack in the bottom of a large stockpot and fill halfway with water. Bring to a boil and lower jars into the boiling water using a holder. Leave a 2-inch space between the jars.
- Pour in more boiling water if necessary to bring the water level to at least 1 inch above the tops of the jars. Bring the water to a rolling boil, cover the pot, and process for 10 minutes.
- Remove the jars from the stockpot and place onto a cloth-covered or wood surface, several inches apart, until cool. Once cool, press the top of each lid with a finger, ensuring that the seal is tight (lid does not move up or down at all). Store in a cool dark area.

Nutrition Facts



Properties

Glycemic Index:22.09, Glycemic Load:80, Inflammation Score:-6, Nutrition Score:9.931304268215%

Flavonoids

Cyanidin: 16.01mg, Cyanidin: 16.01mg, Cyanidin: 16.01mg, Cyanidin: 16.01mg Petunidin: 59.68mg, Petunidin: 59.68mg, Petunidin: 59.68mg, Petunidin: 59.68mg Delphinidin: 67.06mg, Delphinidin: 67.06mg, Delphinidin: 67.06mg, Delphinidin: 67.06mg Malvidin: 127.93mg, Malvidin: 127.93mg, Malvidin: 127.93mg, Malvidin: 127.93mg Peonidin: 38.4mg, Peonidin: 38.4mg, Peonidin: 38.4mg, Peonidin: 38.4mg Catechin: 10.01mg, Catechin: 10.01mg,

Catechin: 10.01mg, Catechin: 10.01mg Epigallocatechin: 1.25mg, Epigallocatechin: 1.25mg, Epigallocatechin: 1.25mg, Epigallocatechin: 1.25mg Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 3.14mg, Kaempferol: 3.14mg, Kaempferol: 3.14mg, Kaempferol: 3.14mg Myricetin: 2.47mg, Myricetin: 2.47mg, Myricetin: 2.47mg, Myricetin: 2.47mg Quercetin: 14.55mg, Quercetin: 14.55mg, Quercetin: 14.55mg, Quercetin: 14.55mg Gallocatechin: 0.23mg, Gallocatechin: 0.23mg, Gallocatechin: 0.23mg, Gallocatechin: 0.23mg

Nutrients (% of daily need)

Calories: 541.46kcal (27.07%), Fat: 1.09g (1.68%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 140.06g (46.69%), Net Carbohydrates: 133.18g (48.43%), Sugar: 104.58g (116.21%), Cholesterol: 0mg (0%), Sodium: 12.44mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.69%), Manganese: 0.73mg (36.6%), Vitamin K: 36.54µg (34.8%), Vitamin C: 26.4mg (32%), Fiber: 6.88g (27.52%), Potassium: 452.9mg (12.94%), Copper: 0.22mg (11.1%), Vitamin B2: 0.16mg (9.38%), Vitamin B6: 0.17mg (8.37%), Iron: 1.48mg (8.22%), Vitamin B1: 0.12mg (7.95%), Vitamin E: 1.08mg (7.23%), Vitamin B3: 1.22mg (6.1%), Magnesium: 22.93mg (5.73%), Phosphorus: 50.33mg (5.03%), Folate: 16.1µg (4.02%), Vitamin B5: 0.27mg (2.74%), Vitamin A: 127.01IU (2.54%), Zinc: 0.38mg (2.53%), Calcium: 23.1mg (2.31%), Selenium: 0.92µg (1.31%)