



Blueberry Freezer Jam



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



100

CALORIES



28 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 4 cups blueberries crushed ()
- ☐ 1 teaspoon orange zest grated
- ☐ 1.8 ounces premium fruit pectin
- ☐ 3 cups sugar
- ☐ 0.5 cup water

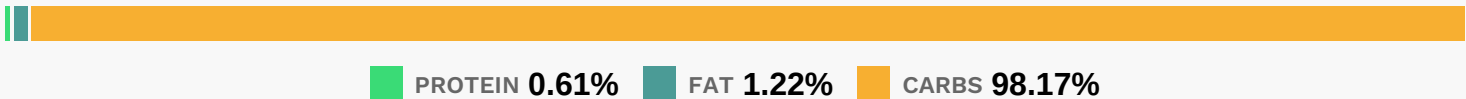
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Mix blueberries, sugar and orange peel in large bowl.
- ☐ Let stand 20 minutes, stirring occasionally, until sugar is dissolved.
- ☐ Mix water and pectin in 1-quart saucepan.
- ☐ Heat to boiling, stirring constantly. Boil and stir 1 minute.
- ☐ Pour hot pectin mixture over blueberry mixture; stir constantly 3 minutes.
- ☐ Immediately spoon mixture into freezer containers, leaving 1/2-inch headspace. Wipe rims of containers; seal.
- ☐ Let stand at room temperature about 24 hours or until set.
- ☐ Store in freezer up to 6 months or in refrigerator up to 3 weeks. Thaw frozen jam and stir before serving.

Nutrition Facts



Properties

Glycemic Index:1.1, Glycemic Load:4.48, Inflammation Score:-1, Nutrition Score:0.24739130715961%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Petunidin: 1.87mg, Petunidin: 1.87mg, Petunidin: 1.87mg, Petunidin: 1.87mg Delphinidin: 2.1mg, Delphinidin: 2.1mg, Delphinidin: 2.1mg, Delphinidin: 2.1mg Malvidin: 4mg, Malvidin: 4mg, Malvidin: 4mg, Malvidin: 4mg Peonidin: 1.2mg, Peonidin: 1.2mg, Peonidin: 1.2mg, Peonidin: 1.2mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 28.11kcal (1.41%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0.01%), Carbohydrates: 7.29g (2.43%), Net Carbohydrates: 7.1g (2.58%), Sugar: 6.58g (7.31%), Cholesterol: 0mg (0%), Sodium: 1.17mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.09%), Vitamin K: 1.14µg (1.09%), Manganese: 0.02mg (1.02%)