



Brandied Strawberry Jam



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



32

CALORIES



22 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup brandy divided
- ☐ 4 cups strawberries quartered
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract

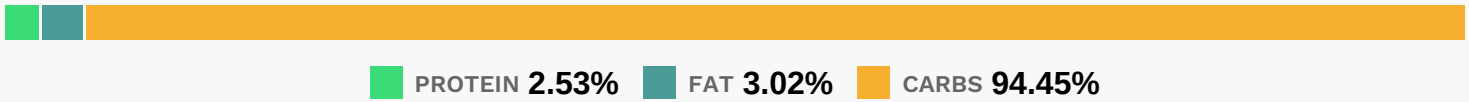
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Combine strawberries, sugar, and 3 tablespoons brandy in a heavy Dutch oven; bring to a boil. Reduce heat; simmer until reduced to 1 1/2 cups (about 45 minutes), stirring occasionally.
- ☐ Remove from heat; stir in 1 tablespoon brandy and vanilla. Spoon into a bowl; cool to room temperature. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:3.91, Glycemic Load:2.59, Inflammation Score:-1, Nutrition Score:1.0669565210524%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 22.48kcal (1.12%), Fat: 0.06g (0.1%), Saturated Fat: 0g (0.02%), Carbohydrates: 4.51g (1.5%), Net Carbohydrates: 4.15g (1.51%), Sugar: 4.01g (4.46%), Cholesterol: 0mg (0%), Sodium: 0.24mg (0.01%), Alcohol: 0.67g (100%), Alcohol %: 3.67% (100%), Protein: 0.12g (0.24%), Vitamin C: 10.58mg (12.83%), Manganese: 0.07mg (3.51%), Fiber: 0.36g (1.44%), Folate: 4.32µg (1.08%)