



Cardamom-Plum Jam



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



239 kcal

CONDIMENT

DIP

SPREAD

Ingredients



4 pounds plums diced black



1 tsp cardamom freshly ground



3 tablespoons juice of lime fresh



2 cups sugar

Equipment



bowl



sauce pan



ladle

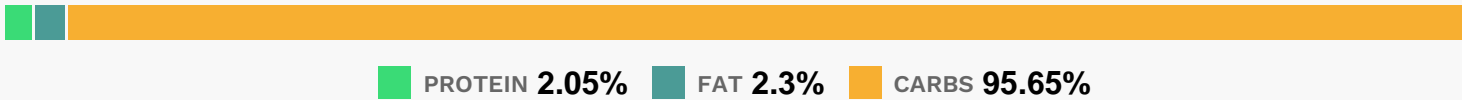
- ☐ pot
- ☐ sieve
- ☐ wooden spoon
- ☐ dutch oven
- ☐ candy thermometer

Directions

- ☐ Bring diced plums and sugar to a light boil in a Dutch oven over medium-high heat, stirring often, and simmer, stirring often, 5 minutes.
- ☐ Pour through a fine wire-mesh strainer into a bowl, gently pressing with a wooden spoon to squeeze out juices. Reserve plum pieces. Return juice to Dutch oven; bring to a boil over medium-high heat, stirring occasionally. Boil, stirring occasionally, 10 to 15 minutes or until syrupy and a candy thermometer registers 22
- ☐ Add reserved plum pieces and any accumulated juices. Stir in lime juice and cardamom. Bring to a light boil over medium-high heat, stirring often; simmer, stirring often, 15 minutes. Skim off foam with a metal spoon, if necessary.
- ☐ Pour hot mixture into 5 (8-oz.) hot sterilized jars, filling to 1/2 inch from top. Seal and process as directed (see below).
- ☐ A Three-Step Guide to Puttin' Up
- ☐ Yes, it really is that easy. To get started, you'll need a basic canner, a jar lifter, and a canning rack. Look for a 9- or 12-piece canning kit, which will include all of these pieces and more.
- ☐ Sterilize.
- ☐ Bring a canner half full of water to a boil; simmer.
- ☐ Place jars in a large stockpot with water to cover; bring to a boil, and simmer 10 minutes.
- ☐ Place bands and lids in a large saucepan. (Always use new lids.) Using a ladle, cover bands and lids with hot water from canner to soften gaskets.
- ☐ Let stand 10 minutes.
- ☐ Prepare Recipe.
- ☐ Meanwhile, prepare recipe.
- ☐ Remove hot jars from stockpot, 1 at a time, using jar lifter, and fill as directed in recipe.
- ☐ Seal & Process.

- ☐ Wipe rims of filled jars. Cover at once with metal lids, and screw on bands (snug but not too tight).
- ☐ Place jars in canning rack, and place in simmering water in canner.
- ☐ Add more boiling water as needed to cover jars by 1 to 2 inches. Bring water to a rolling boil; boil 10 minutes, adjusting processing time for altitude.* Turn off heat, and let stand 5 minutes.
- ☐ Remove jars from canner, and let stand at room temperature 24 hours. Test seals of jars by pressing centers of lids. If lids do not pop, jars are properly sealed. Store in a cool, dark place at room temperature up to 1 year. Refrigerate after opening.
- ☐ *Consult the USDA Complete Guide to Home Canning at nchfp.uga.edu/publications/publications_usda.html to adjust processing times for altitude.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:34.94, Inflammation Score:-5, Nutrition Score:4.8217391436515%

Flavonoids

Cyanidin: 10.21mg, Cyanidin: 10.21mg, Cyanidin: 10.21mg, Cyanidin: 10.21mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 5.24mg, Catechin: 5.24mg, Catechin: 5.24mg, Catechin: 5.24mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 5.81mg, Epicatechin: 5.81mg, Epicatechin: 5.81mg, Epicatechin: 5.81mg Epicatechin 3-gallate: 1.38mg, Epicatechin 3-gallate: 1.38mg, Epicatechin 3-gallate: 1.38mg, Epicatechin 3-gallate: 1.38mg Epigallocatechin 3-gallate: 0.73mg, Epigallocatechin 3-gallate: 0.73mg, Epigallocatechin 3-gallate: 0.73mg, Epigallocatechin 3-gallate: 0.73mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg Gallocatechin: 0.16mg, Gallocatechin: 0.16mg, Gallocatechin: 0.16mg, Gallocatechin: 0.16mg

Nutrients (% of daily need)

Calories: 239.21kcal (11.96%), Fat: 0.65g (1%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 61.04g (20.35%), Net Carbohydrates: 58.43g (21.25%), Sugar: 57.99g (64.44%), Cholesterol: 0mg (0%), Sodium: 0.53mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.62%), Vitamin C: 18.63mg (22.58%), Vitamin A: 628.21IU (12.56%), Vitamin K: 11.64µg (11.08%), Fiber: 2.61g (10.46%), Potassium: 293.16mg (8.38%), Manganese: 0.15mg (7.64%), Copper: 0.11mg (5.41%), Vitamin B3: 0.77mg (3.83%), Vitamin B1: 0.05mg (3.49%), Magnesium: 13.52mg (3.38%), Vitamin B2: 0.06mg (3.28%), Vitamin E: 0.48mg (3.21%), Phosphorus: 30.02mg (3%), Vitamin B6: 0.05mg (2.74%), Vitamin B5: 0.25mg (2.5%), Folate: 9.52µg (2.38%), Iron: 0.36mg (2%), Zinc: 0.2mg (1.36%), Calcium:

12.68mg (1.27%)