



Carrot Cake Jam



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



60

CALORIES



92 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 14 oz pineapple crushed canned
- ☐ 1.5 cups carrots shredded peeled
- ☐ 1.5 teaspoons cinnamon
- ☐ 1 teaspoon ground cloves
- ☐ 3 tablespoons juice of lemon
- ☐ 3 oz liquid pectin
- ☐ 1 teaspoon nutmeg
- ☐ 1.5 cups pears cored peeled chopped

- ☐ 6.5 cups sugar
- ☐ 6 jars frangelico (1/2-pint)
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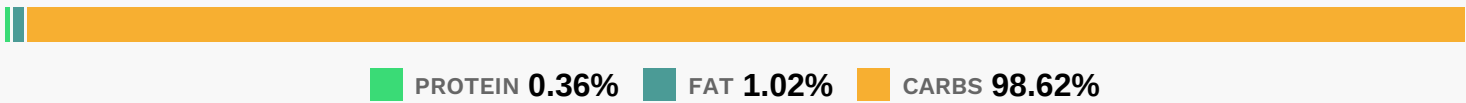
Equipment

- ☐ sauce pan

Directions

- ☐ Mix all ingredients except pectin and sugar in a large saucepan. Bring to a boil over medium heat. Reduce heat to medium-low; simmer for 20 minutes, stirring occasionally.
- ☐ Add pectin and return to a boil. Stir in sugar; bring to a full rolling boil, stirring constantly.
- ☐ Remove from heat.
- ☐ Pour into hot sterilized jars, leaving 1/2-inch headspace. Secure with lids. Cool and store in refrigerator up to 3 weeks.

Nutrition Facts



Properties

Glycemic Index:3.81, Glycemic Load:15.41, Inflammation Score:-4, Nutrition Score:0.96739128847485%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 91.7kcal (4.59%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 23.69g (7.9%), Net Carbohydrates: 23.31g (8.48%), Sugar: 23.14g (25.71%), Cholesterol: 0mg (0%), Sodium: 2.64mg (0.11%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.09g (0.17%), Vitamin A: 539.19IU (10.78%), Manganese: 0.04mg (1.86%),
Vitamin C: 1.28mg (1.55%), Fiber: 0.38g (1.51%)