



CERTO Mango Jam

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



45

CALORIES



141 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 tsp butter
- 4 cups fruit ripe prepared (5 medium fully mangoes)
- 2 pouches certo fruit pectin
- 2 Tbsp juice of lemon fresh
- 7.5 cups sugar

Equipment

- sauce pan
- ladle

pot

Directions

- Bring boiling-water canner, half-full with water, to simmer. Wash jars and screw bands in hot soapy water; rinse with warm water.
- Pour boiling water over flat lids in saucepan off the heat.
- Let stand in hot water until ready to use.
- Drain well before filling.
- Peel and pit mangos. Grind or crush fruit thoroughly, one layer at a time. Measure exactly 4 cups prepared fruit into 6- or 8-qt. saucepot. Stir in lemon juice.
- Stir sugar into prepared fruit in saucepot.
- Add butter to reduce foaming. Bring mixture to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly. Stir in pectin. Return to full rolling boil and boil exactly 1 min., stirring constantly.
- Remove from heat. Skim off any foam with metal spoon.
- Ladle immediately into prepared jars, filling to within 1/4 inch of tops. Wipe jar rims and threads. Cover with two-piece lids. Screw bands tightly.
- Place jars on elevated rack in canner. Lower rack into canner. (Water must cover jars by 1 to 2 inches.
- Add boiling water, if necessary.) Cover; bring water to gentle boil. Process 10 min.
- Remove jars and place upright on towel to cool completely. After jars cool, check seals by pressing middles of lids with finger. (If lids spring back, lids are not sealed and refrigeration is necessary.)

Nutrition Facts

 PROTEIN **0.27%**  FAT **1.05%**  CARBS **98.68%**

Properties

Glycemic Index:1.56, Glycemic Load:23.27, Inflammation Score:-1, Nutrition Score:0.41869565180462%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 141.01kcal (7.05%), Fat: 0.17g (0.26%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 36.37g (12.12%), Net Carbohydrates: 36.03g (13.1%), Sugar: 35.65g (39.61%), Cholesterol: 0mg (0%), Sodium: 1.97mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.2%), Fiber: 0.34g (1.37%), Vitamin A: 65.53IU (1.31%)