



## CERTO Strawberry Banana Jam



Gluten Free



Dairy Free



Low Fod Map

READY IN



120 min.

SERVINGS



70

CALORIES



80 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 0.5 tsp butter
- 3.5 cups fruit ripe prepared ( 1 quart fully strawberries and 1 small fully banana)
- 1 pouch certo fruit pectin
- 2 Tbsp juice of lemon fresh
- 7 cups sugar (See tip below.)

### 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.
- Stem and crush strawberries thoroughly, one layer at a time. Mash banana thoroughly.
- Mix strawberries and banana. Measure exactly 3-1/2 cups prepared fruit into 6- or 8-quart saucepot. Stir in lemon juice.
- Stir sugar thoroughly into fruit in saucepot.
- Add butter to reduce foaming, if desired. Bring mixture to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly.
- Stir in pectin quickly. Return to full rolling boil and boil exactly 1 minute, stirring constantly.
- Remove from heat. Skim off any foam with metal spoon.
- Ladle quickly 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 needed. Cover; bring water to gentle boil. Process 10 minutes.
- Remove jars and place upright on a towel to cool completely. After jars cool, check seals by pressing middle of lid with finger. (If lid springs back, lid is not sealed and refrigeration is necessary.)

## Nutrition Facts

 PROTEIN **0.24%**  FAT **1.23%**  CARBS **98.53%**

## Properties

Glycemic Index:1.57, Glycemic Load:14.13, Inflammation Score:-1, Nutrition Score:0.46347825391137%

## Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## **Nutrients (% of daily need)**

Calories: 79.69kcal (3.98%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 20.52g (6.84%), Net Carbohydrates: 20.37g (7.41%), Sugar: 20.32g (22.58%), Cholesterol: 0mg (0%), Sodium: 0.62mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.1%), Vitamin C: 4.4mg (5.33%), Manganese: 0.03mg (1.43%)