



CERTOÂ® Cranberry Walnut Jam



Gluten Free



Dairy Free



Low Fod Map

READY IN



120 min.

SERVINGS



100

CALORIES



57 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 tsp butter
- 12 oz fruit cranberries prepared
- 1 pouch certo fruit pectin
- 6.5 cups sugar (See tip below.)
- 0.7 cup planters walnuts chopped
- 1.5 cups water

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.
- Place cranberries and water in large saucepan. Bring to boil. Reduce heat to low; cover and simmer 10 minutes.
- Pour mixture into 6- or 8-quart saucepot. Stir in walnuts.
- Stir sugar into prepared 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 0.9% FAT 8.6% CARBS 90.5%

Properties

Glycemic Index:0.9, Glycemic Load:9.09, Inflammation Score:-1, Nutrition Score:0.25347825965804%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg

Nutrients (% of daily need)

Calories: 57.29kcal (2.86%), Fat: 0.57g (0.88%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 13.56g (4.52%), Net Carbohydrates: 13.45g (4.89%), Sugar: 13.38g (14.86%), Cholesterol: 0mg (0%), Sodium: 0.73mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.27%), Manganese: 0.03mg (1.4%)