

Cherry-Berry Jam



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



41 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1.5 cups blackberries
- ☐ 12 ounces cherries fresh pitted
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 1.5 cups raspberries
- ☐ 0.8 cup sugar

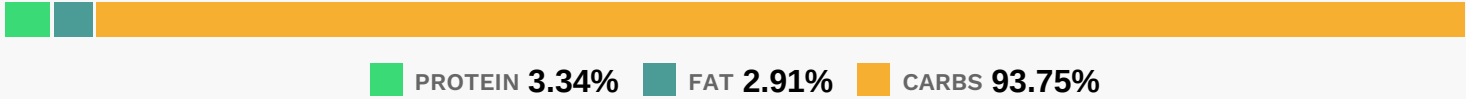
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- Combine all ingredients in a medium, heavy saucepan over medium-high heat; bring to a boil. Reduce heat, and simmer until reduced to 2 cups (about 1 1/2 hours), stirring occasionally. Spoon into a bowl. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:5.96, Glycemic Load:5, Inflammation Score:-1, Nutrition Score:1.4439130399538%

Flavonoids

Cyanidin: 16.71mg, Cyanidin: 16.71mg, Cyanidin: 16.71mg, Cyanidin: 16.71mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg Catechin: 4.05mg, Catechin: 4.05mg, Catechin: 4.05mg, Catechin: 4.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 40.83kcal (2.04%), Fat: 0.14g (0.22%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 10.27g (3.42%), Net Carbohydrates: 9.01g (3.28%), Sugar: 8.83g (9.81%), Cholesterol: 0mg (0%), Sodium: 0.23mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.73%), Vitamin C: 4.97mg (6.02%), Manganese: 0.12mg (5.93%), Fiber: 1.26g (5.05%), Vitamin K: 2.66µg (2.54%), Potassium: 57.82mg (1.65%), Copper: 0.03mg (1.53%), Magnesium: 5.03mg (1.26%), Vitamin E: 0.18mg (1.21%), Folate: 4.45µg (1.11%)