



Cherry & cinnamon conserve



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



1

CALORIES



2569 kcal

SIDE DISH

Ingredients



1 kg cherries



1 cinnamon sticks



2 lemon zest



500 g jam sugar with added pectin

Equipment

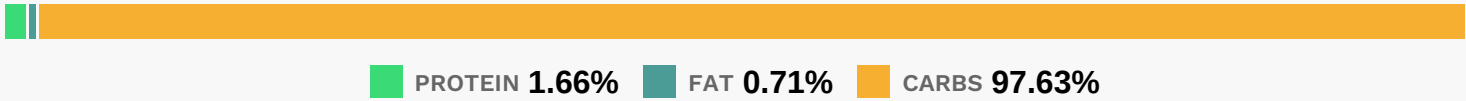


frying pan

Directions

- ☐
- Put a couple of saucers into the freezer. Roughly chop about a third of the cherries. Put into a large pan with the cinnamon stick, broken in half, the lemon zest and juice and 150ml water. Bring gently to the boil, then reduce heat and simmer for 20 mins, stirring occasionally, until cherries are softened.
- ☐
- Add the sugar, stir until dissolved, then increase the heat and boil hard for 4–5 mins until the conserve is softly set. To test this, take a saucer from the freezer and spoon a little jam onto it. Push your finger through the jam; if it wrinkles on the surface it is ready. If not, reboil for a few mins more, then test again. Spoon into small clean warm jars, seal and label. Once open, keep in the fridge.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:30.63, Inflammation Score:-9, Nutrition Score:25.927391312692%

Flavonoids

Cyanidin: 302.1mg, Cyanidin: 302.1mg, Cyanidin: 302.1mg, Cyanidin: 302.1mg Pelargonidin: 2.7mg, Pelargonidin: 2.7mg, Pelargonidin: 2.7mg, Pelargonidin: 2.7mg Peonidin: 15mg, Peonidin: 15mg, Peonidin: 15mg, Peonidin: 15mg Catechin: 43.6mg, Catechin: 43.6mg, Catechin: 43.6mg, Catechin: 43.6mg Epigallocatechin: 3.4mg, Epigallocatechin: 3.4mg, Epigallocatechin: 3.4mg, Epigallocatechin: 3.4mg Epicatechin: 50mg, Epicatechin: 50mg, Epicatechin: 50mg, Epicatechin: 50mg Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 2.4mg, Kaempferol: 2.4mg, Kaempferol: 2.4mg, Kaempferol: 2.4mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 22.9mg, Quercetin: 22.9mg, Quercetin: 22.9mg, Quercetin: 22.9mg

Nutrients (% of daily need)

Calories: 2569.29kcal (128.46%), Fat: 2.08g (3.2%), Saturated Fat: 0.4g (2.48%), Carbohydrates: 642.24g (214.08%), Net Carbohydrates: 618.11g (224.77%), Sugar: 606.08g (673.42%), Cholesterol: 0mg (0%), Sodium: 1.07mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.92g (21.84%), Vitamin C: 85.61mg (103.77%), Fiber: 24.13g (96.52%), Manganese: 1.31mg (65.57%), Potassium: 2254.28mg (64.41%), Copper: 0.62mg (31.15%), Magnesium: 113.9mg (28.48%), Vitamin B6: 0.52mg (25.81%), Iron: 3.99mg (22.15%), Phosphorus: 213.68mg (21.37%), Vitamin K: 22.09µg (21.04%), Vitamin B5: 2.04mg (20.41%), Vitamin B2: 0.34mg (20.06%), Vitamin B1: 0.28mg (18.53%), Calcium: 181.15mg (18.11%), Vitamin A: 656.33IU (13.13%), Folate: 41.77µg (10.44%), Vitamin B3:

1.63mg (8.17%), Vitamin E: 0.81mg (5.41%), Zinc: 0.79mg (5.29%)