



Cherry Rhubarb Jam

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



100

CALORIES



24 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 teaspoon butter prevents foaming
- ☐ 1.3 cups cherry juice unsweetened
- ☐ 2.5 cups bing cherries coarsely chopped from 1 lb. fruit
- ☐ 1.5 tablespoons juice of lemon
- ☐ 1 cup rhubarb chopped
- ☐ 1.5 cups sugar divided
- ☐ 2.5 tablespoons no sugar needed recipes half a

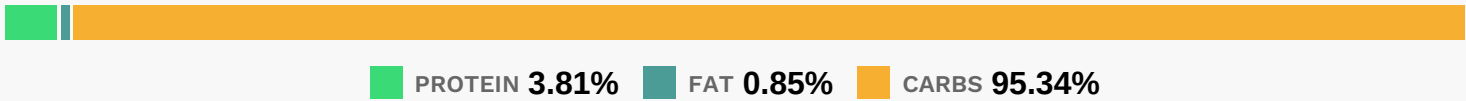
Equipment

- ☐ ladle
- ☐ pot

Directions

- ☐ Combine pectin and 1/4 cup sugar in a 5- to 6-qt. pot. Stir in cherries and rhubarb, then cherry and lemon juices and butter. Bring mixture to a brisk boil over high heat, stirring often.
- ☐ Add remaining 1 1/4 cups sugar. Return jam to a brisk boil, stirring. Cook, stirring constantly, 1 minute.
- ☐ Remove from heat.
- ☐ Ladle jam into heatproof jars and close with lids.
- ☐ Let cool to room temperature, inverting jars occasionally to distribute fruit. Keeps, chilled, up to 1 month.
- ☐ *We used Trader Joe's Just Cherry juice.

Nutrition Facts



Properties

Glycemic Index:2.03, Glycemic Load:2.31, Inflammation Score:-1, Nutrition Score:0.23913043826495%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg

Nutrients (% of daily need)

Calories: 24.33kcal (1.22%), Fat: 0.02g (0.04%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 5.96g (1.99%), Net Carbohydrates: 5.65g (2.06%), Sugar: 5.18g (5.75%), Cholesterol: 0.03mg (0.01%), Sodium: 0.89mg (0.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.48%), Vitamin A: 109.15IU (2.18%), Fiber: 0.31g (1.23%)