



Chocolate Pear Jam



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



733 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup almonds such as amaretto
- ☐ 0.5 teaspoon almond extract
- ☐ 5 ounces chocolate 70% chopped (at least)
- ☐ 3.5 cups granulated sugar
- ☐ 0.3 cup juice of lemon freshly squeezed
- ☐ 2.3 pounds pears juicy ripe
- ☐ 3 teaspoons premium fruit pectin
- ☐ 4 teaspoons water (included in the Pomona's box)

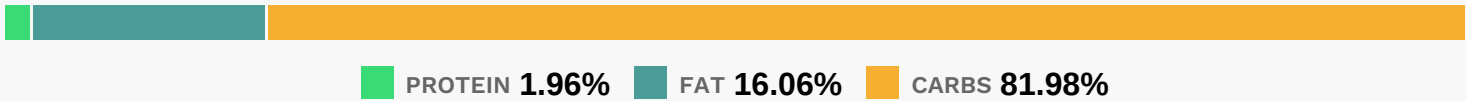
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ pot

Directions

- ☐ Combine the sugar and pectin in a medium bowl and whisk to blend.
- ☐ Peel, core, and chop the pears.
- ☐ Transfer them to a food processor and pulse until they are coarsely pureed, about 10 pulses.
- ☐ Combine the pears, lemon juice, amaretto, calcium water, and almond extract (if using) in a large, heavy-bottomed saucepan and bring to a boil over medium heat, stirring frequently.
- ☐ Add the sugar-pectin mixture and return the mixture to a full rolling boil. Boil for one minute.
- ☐ Remove the pot from the heat and skim any foam from the surface of the jam. Stir in the chocolate until melted and smooth.
- ☐ Ladle the hot jam into hot, clean jars. To preserve the jam, process it in a hot water bath for 10 minutes. The preserved jam will keep for up to a year on the shelf. Otherwise, store the jars in the refrigerator for up to two months.

Nutrition Facts



Properties

Glycemic Index:23.31, Glycemic Load:90.97, Inflammation Score:-4, Nutrition Score:10.67695667951%

Flavonoids

Cyanidin: 3.65mg, Cyanidin: 3.65mg, Cyanidin: 3.65mg, Cyanidin: 3.65mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 1.16mg, Epigallocatechin: 1.16mg, Epigallocatechin: 1.16mg,

Epigallocatechin: 1.16mg Epicatechin: 6.43mg, Epicatechin: 6.43mg, Epicatechin: 6.43mg, Epicatechin: 6.43mg
Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–
gallate: 0.03mg Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–
gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg,
Eriodictyol: 0.51mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin:
0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg,
Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg,
Kaempferol: 0.02mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 733.1kcal (36.66%), Fat: 13.69g (21.06%), Saturated Fat: 6.05g (37.84%), Carbohydrates: 157.16g (52.39%),
Net Carbohydrates: 148.32g (53.94%), Sugar: 139.24g (154.71%), Cholesterol: 0.71mg (0.24%), Sodium: 12.88mg
(0.56%), Alcohol: 0.11g (100%), Alcohol %: 0.04% (100%), Caffeine: 18.9mg (6.3%), Protein: 3.76g (7.52%), Fiber:
8.84g (35.34%), Manganese: 0.69mg (34.32%), Copper: 0.64mg (31.95%), Magnesium: 82.57mg (20.64%), Iron:
3.47mg (19.29%), Vitamin C: 11.25mg (13.63%), Vitamin E: 1.88mg (12.56%), Phosphorus: 122.72mg (12.27%),
Potassium: 423.37mg (12.1%), Vitamin B2: 0.16mg (9.18%), Vitamin K: 9.21µg (8.77%), Zinc: 1.17mg (7.78%), Calcium:
50.67mg (5.07%), Folate: 16.59µg (4.15%), Selenium: 2.73µg (3.9%), Vitamin B3: 0.75mg (3.75%), Vitamin B6:
0.07mg (3.57%), Vitamin B1: 0.04mg (2.89%), Vitamin B5: 0.23mg (2.26%), Vitamin B12: 0.07µg (1.1%), Vitamin A:
52.48IU (1.05%)