



Cinnamon Banana Butter



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



100

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 cups bananas mashed (8 bananas)
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1.8 oz premium fruit pectin
- ☐ 4.5 cups sugar
- ☐ 3 teaspoons vanilla
- ☐ 0.5 teaspoon ground cinnamon

Equipment

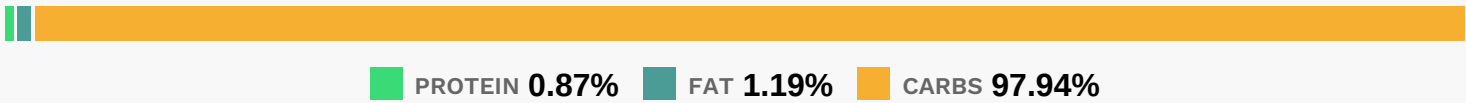
- ☐ sauce pan

☐ ladle

Directions

- ☐ In 4-quart saucepan, mix bananas, lemon juice and pectin until pectin is dissolved.
- ☐ Heat to boiling over medium heat, stirring constantly. Stir in sugar.
- ☐ Heat to full rolling boil, stirring constantly; remove from heat. Stir in vanilla and cinnamon.
- ☐ Immediately ladle jam into 8 sterilized jars, leaving 1/2-inch headspace. Wipe rims of jars. Seal immediately. Process in boiling water bath 10 minutes.

Nutrition Facts



Properties

Glycemic Index:1.3, Glycemic Load:7.28, Inflammation Score:-1, Nutrition Score:0.45782608393094%

Flavonoids

Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 44.82kcal (2.24%), Fat: 0.06g (0.1%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 11.54g (3.85%), Net Carbohydrates: 11.26g (4.09%), Sugar: 10.12g (11.24%), Cholesterol: 0mg (0%), Sodium: 1.19mg (0.05%), Alcohol: 0.04g (100%), Alcohol %: 0.27% (100%), Protein: 0.1g (0.21%), Vitamin B6: 0.03mg (1.68%), Manganese: 0.03mg (1.36%), Vitamin C: 1.1mg (1.33%), Fiber: 0.28g (1.14%)