

Cinnamon Plum Jam



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



56

CALORIES



109 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2.5 pounds plums peeled
- 0.5 teaspoon ground cinnamon
- 0.3 cup juice of lemon
- 1.8 ounces premium fruit pectin
- 7 cups sugar
- 0.5 cup water

Equipment

- ladle

dutch oven

Directions

- In a Dutch oven, combine sugars, plums, water and lemon juice. Bring to a full rolling boil, stirring constantly. Stir in pectin; return to a full rolling boil. Boil 1 minute, stirring constantly.
- Remove from the heat; stir in cinnamon. Skim off foam.
- Carefully ladle hot jam into hot half-pint jars, leaving 1/4-in. headspace.
- Remove air bubbles; wipe rims and adjust lids. Process for 10 minutes in a boiling-water canner.

Nutrition Facts

 **PROTEIN 0.53%**  **FAT 1.13%**  **CARBS 98.34%**

Properties

Glycemic Index:2.03, Glycemic Load:18.24, Inflammation Score:-1, Nutrition Score:0.62173913095308%

Flavonoids

Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg Galocatechin: 0.02mg, Galocatechin: 0.02mg, Galocatechin: 0.02mg, Galocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 108.81kcal (5.44%), Fat: 0.14g (0.22%), Saturated Fat: 0g (0.03%), Carbohydrates: 28.12g (9.37%), Net Carbohydrates: 27.75g (10.09%), Sugar: 27g (30%), Cholesterol: 0mg (0%), Sodium: 2.14mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.3%), Vitamin C: 2.49mg (3.01%), Fiber: 0.37g (1.49%), Vitamin A: 70.03IU (1.4%), Vitamin K: 1.3µg (1.24%)