

Citrus Marmalade



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



42 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 tablespoons juice of lemon
- 1 pound thin-skin orange cubed seeded
- 32 servings try build-a-meal
- 1.3 cups sugar

Equipment

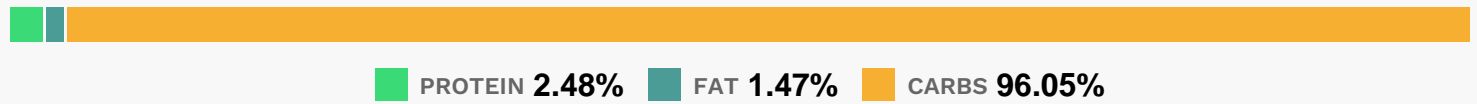
- food processor
- bowl
- knife

microwave

Directions

- Position knife blade in food processor bowl; add orange. Pulse 8 times or until orange is finely chopped. Spoon orange into a 2-quart glass measure.
- Add sugar and lemon juice; stir well. Microwave at HIGH 17 to 21 minutes or until thickened, stirring every 3 minutes. (
- Mixture will continue to thicken as it cools.)
- Let cool. Store in an airtight container in refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:3.52, Glycemic Load:6.38, Inflammation Score:-1, Nutrition Score:1.1647825952133%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 4mg, Hesperetin: 4mg, Hesperetin: 4mg, Hesperetin: 4mg Naringenin: 2.18mg, Naringenin: 2.18mg, Naringenin: 2.18mg, Naringenin: 2.18mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 42.19kcal (2.11%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 10.72g (3.57%), Net Carbohydrates: 10.16g (3.69%), Sugar: 9.68g (10.75%), Cholesterol: 0mg (0%), Sodium: 0.1mg (0%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.55%), Vitamin C: 7.9mg (9.58%), Manganese: 0.07mg (3.55%), Fiber: 0.57g (2.28%), Folate: 4.59µg (1.15%), Vitamin B1: 0.02mg (1.04%)