



Citrus-Vanilla Bean Marmalade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



135 min.

SERVINGS



8

CALORIES



241 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.1 teaspoon kosher salt
- ☐ 1 optional: lemon
- ☐ 2 large navel oranges
- ☐ 2 medium size grapefruit red
- ☐ 2 cups sugar
- ☐ 1 vanilla pod

Equipment

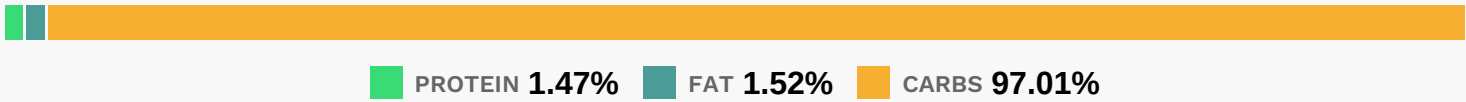
- ☐ bowl

- ☐ sauce pan
- ☐ candy thermometer

Directions

- ☐ Split vanilla bean lengthwise, and scrape out seeds.
- ☐ Grate zest from oranges to equal 1 Tbsp. Repeat with grapefruit. Grate zest from lemon to equal 1 tsp.
- ☐ Peel and section oranges, grapefruit, and lemon, holding fruit over a bowl to collect juices.
- ☐ Stir together vanilla bean and seeds, orange and grapefruit zest, fruit segments, sugar, kosher salt, 1/3 cup fruit juices, and 1 3/4 cups water in a large saucepan; bring to a boil. Reduce heat, and simmer, stirring occasionally, 50 minutes or until a candy thermometer registers 225 and mixture is slightly thickened. Cool completely (about 1 hour; mixture will thicken as it cools). Discard vanilla bean; pour marmalade into 2 (8-oz.) jars or airtight containers, and chill 24 hours. Store marmalade in refrigerator up to 3 weeks.

Nutrition Facts



Properties

Glycemic Index:15.07, Glycemic Load:36.53, Inflammation Score:-6, Nutrition Score:5.2452174062314%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 11.64mg, Hesperetin: 11.64mg, Hesperetin: 11.64mg, Hesperetin: 11.64mg Naringenin: 22.63mg, Naringenin: 22.63mg, Naringenin: 22.63mg, Naringenin: 22.63mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 240.86kcal (12.04%), Fat: 0.43g (0.67%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 62.18g (20.73%), Net Carbohydrates: 60.05g (21.84%), Sugar: 57.45g (63.83%), Cholesterol: 0mg (0%), Sodium: 37.46mg (1.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.88%), Vitamin C: 47.03mg (57%), Vitamin A: 796.67IU (15.93%), Fiber: 2.13g (8.53%), Folate: 21.38µg (5.34%), Potassium: 160.76mg (4.59%), Vitamin B1: 0.06mg (3.71%), Vitamin B6: 0.07mg (3.55%), Calcium: 32.61mg (3.26%), Vitamin B2: 0.05mg (2.89%), Vitamin B5: 0.28mg (2.78%), Magnesium: 10.47mg (2.62%), Phosphorus: 21.28mg (2.13%), Copper: 0.04mg (2.09%), Manganese: 0.03mg (1.49%), Vitamin B3: 0.29mg (1.44%), Iron: 0.2mg (1.12%), Vitamin E: 0.15mg (1.02%)