



Concord Grape Jam

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



118 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 8 cups concord grapes fresh stemmed
- 4 teaspoons juice of lemon fresh
- 2 teaspoons lemon rind grated
- 0.8 cup sugar divided

Equipment

- bowl
- sauce pan
- sieve

Directions

- Pinch grapes to separate pulp from skins.
- Place skins in a bowl; set aside.
- Place grape pulp and 1/4 cup sugar in a medium saucepan; bring to a boil. Reduce heat; simmer 10 minutes or until seeds begin to separate from pulp.
- Press pulp mixture through a fine sieve into a bowl. Discard seeds.
- Place skins, remaining 1/2 cup sugar, rind, juice, and pulp in saucepan; bring to a boil. Reduce heat; simmer until reduced to 2 1/2 cups (about 2 hours and 45 minutes), stirring occasionally.
- Pour into a bowl; cool. Cover and store in refrigerator up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:7.26, Glycemic Load:15.9, Inflammation Score:-1, Nutrition Score:3.2500000570131%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 118.11kcal (5.91%), Fat: 0.22g (0.34%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 30.88g (10.29%), Net Carbohydrates: 29.78g (10.83%), Sugar: 27.73g (30.82%), Cholesterol: 0mg (0%), Sodium: 2.49mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.72%), Vitamin K: 17.27µg (16.45%), Copper: 0.15mg (7.57%), Potassium: 227.82mg (6.51%), Vitamin C: 4.59mg (5.57%), Vitamin B1: 0.08mg (5.47%), Vitamin B6: 0.1mg (5.14%), Vitamin B2: 0.09mg (5%), Fiber: 1.09g (4.38%), Manganese: 0.08mg (4.23%), Iron: 0.43mg (2.41%), Phosphorus: 23.79mg (2.38%), Magnesium: 8.39mg (2.1%), Vitamin A: 78.27IU (1.57%), Vitamin E: 0.23mg (1.52%), Calcium: 12.33mg (1.23%), Vitamin B3: 0.22mg (1.12%)