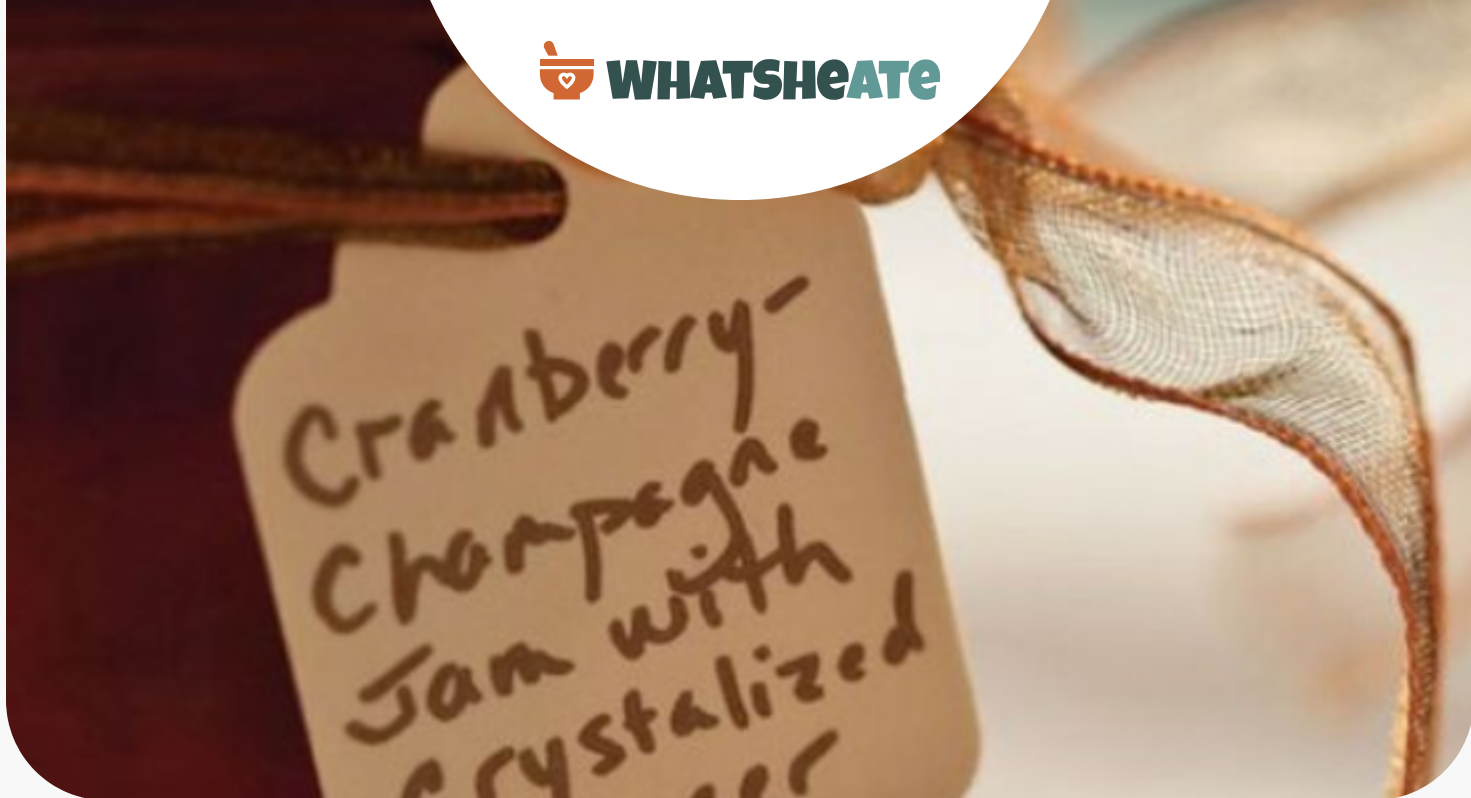




Cranberry-Champagne Jam with Ginger



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



60

CALORIES



74 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 teaspoon butter
- ☐ 2 cups sparkling wine
- ☐ 12 ounce cranberries fresh (3 cups)
- ☐ 0.5 cup candied ginger chopped
- ☐ 0.5 cup cranberries dried chopped
- ☐ 1.8 ounce premium fruit pectin
- ☐ 4.5 cups sugar

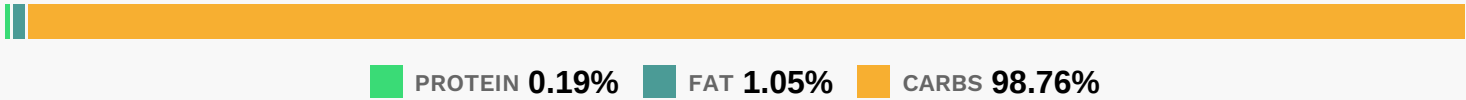
Equipment

- ☐ food processor
- ☐ ladle
- ☐ pot

Directions

- ☐ Pulse the cranberries in a food processor until they are coarsely chopped.
- ☐ Transfer them to a large, heavy-bottomed pot and add the Champagne. Bring them to a boil, then lower the heat and simmer until the cranberries have softened, about 10 minutes.
- ☐ Sprinkle the pectin over the cranberry mixture and stir to combine. Stir in the butter. Return the mixture to a boil.
- ☐ Add the dried cranberries, the crystallized ginger, and then the sugar all at once.
- ☐ Return the mixture to a boil and boil hard for 1 minute.
- ☐ Remove the pot from the heat and skim any foam from the surface of the jam. Ladle the hot jam into 6 hot, clean half-pint jars. To preserve the jam, process the jars in a hot water bath for 10 minutes. The preserved jam will keep for up to a year on the shelf. Otherwise, store it in the refrigerator for up to 2 months.

Nutrition Facts



Properties

Glycemic Index:2.75, Glycemic Load:10.69, Inflammation Score:-1, Nutrition Score:0.33521739377276%

Flavonoids

Cyanidin: 2.64mg, Cyanidin: 2.64mg, Cyanidin: 2.64mg, Cyanidin: 2.64mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 2.79mg, Peonidin: 2.79mg, Peonidin: 2.79mg, Peonidin: 2.79mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 73.91kcal (3.7%), Fat: 0.09g (0.13%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 18.22g (6.07%), Net Carbohydrates: 17.89g (6.5%), Sugar: 16.92g (18.8%), Cholesterol: 0.04mg (0.01%), Sodium: 2.83mg (0.12%), Alcohol: 0.5g (100%), Alcohol %: 2.02% (100%), Protein: 0.04g (0.07%), Fiber: 0.33g (1.32%), Manganese: 0.02mg (1.21%)