



Cranberry-Pepper Jelly



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



103 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 3 cups cranberries fresh thawed
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup liquid pectin
- ☐ 3 bell pepper red finely chopped
- ☐ 2 jalapeno red seeded finely chopped
- ☐ 1.5 teaspoons pepper red crushed
- ☐ 1 cup sugar

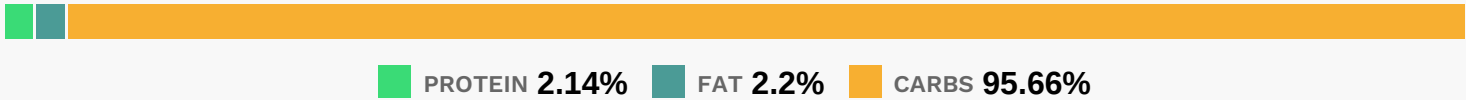
Equipment

☐ pot

Directions

- ☐ Combine peppers, chiles, sugar, red pepper flakes and salt in a heavy wide pot over medium heat and bring to a simmer, stirring to dissolve sugar. Stir in pectin and lemon juice. Reduce heat and simmer gently for 10 minutes.
- ☐ Stir in cranberries and simmer gently until they burst and juices thicken, about 10 minutes longer.
- ☐ Transfer jelly to a jar, let cool, and cover. Will keep for up to 3 weeks in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:19.21, Glycemic Load:15.64, Inflammation Score:-7, Nutrition Score:6.5565216696781%

Flavonoids

Cyanidin: 13.93mg, Cyanidin: 13.93mg, Cyanidin: 13.93mg, Cyanidin: 13.93mg Delphinidin: 2.3mg, Delphinidin: 2.3mg, Delphinidin: 2.3mg, Delphinidin: 2.3mg Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 14.75mg, Peonidin: 14.75mg, Peonidin: 14.75mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 1.31mg, Epicatechin: 1.31mg, Epicatechin: 1.31mg, Epicatechin: 1.31mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 1.99mg, Myricetin: 1.99mg, Myricetin: 1.99mg, Myricetin: 1.99mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg

Nutrients (% of daily need)

Calories: 103.03kcal (5.15%), Fat: 0.27g (0.41%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 26.3g (8.77%), Net Carbohydrates: 24.19g (8.8%), Sugar: 22.95g (25.5%), Cholesterol: 0mg (0%), Sodium: 123.69mg (5.38%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.18%), Vitamin C: 54.5mg (66.06%), Vitamin A: 1251.46IU (25.03%), Fiber: 2.1g (8.42%), Manganese: 0.16mg (7.98%), Vitamin E: 1.1mg (7.31%), Vitamin B6: 0.14mg (7.11%), Folate: 17.75µg (4.44%), Vitamin K: 3.96µg (3.77%), Potassium: 116.16mg (3.32%), Vitamin B2: 0.05mg (2.68%), Vitamin B3: 0.45mg (2.25%), Vitamin B5: 0.21mg (2.12%), Magnesium: 7.27mg (1.82%), Iron: 0.32mg (1.75%), Vitamin B1: 0.03mg (1.73%), Copper: 0.03mg (1.56%), Phosphorus: 14.81mg (1.48%)