



Cranberry-Raspberry Jam



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



32

CALORIES



43 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 3 cups cranberries
- ☐ 0.5 cup raspberry jam seedless
- ☐ 0.8 cup sugar
- ☐ 0.3 cup walnuts chopped
- ☐ 0.8 cup water

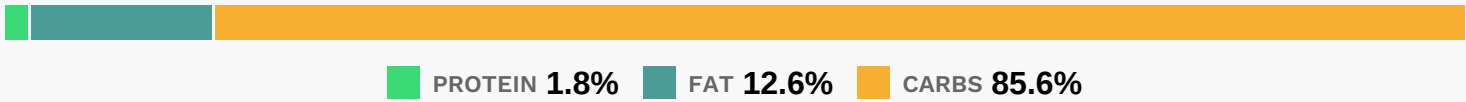
Equipment

- ☐ sauce pan

Directions

- ☐ Combine the sugar and water in a medium saucepan, and stir well. Bring to a boil over medium heat; add cranberries. Return to a boil, and cook 10 minutes, stirring occasionally.
- ☐ Remove from heat; stir in jam and walnuts, and let cool. Spoon into airtight containers. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:5.94, Glycemic Load:5.62, Inflammation Score:-1, Nutrition Score:0.66130434980859%

Flavonoids

Cyanidin: 4.38mg, Cyanidin: 4.38mg, Cyanidin: 4.38mg, Cyanidin: 4.38mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.61mg, Peonidin: 4.61mg, Peonidin: 4.61mg, Peonidin: 4.61mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 43.11kcal (2.16%), Fat: 0.63g (0.96%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 9.58g (3.19%), Net Carbohydrates: 9.12g (3.32%), Sugar: 7.68g (8.53%), Cholesterol: 0mg (0%), Sodium: 2.23mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.4%), Manganese: 0.07mg (3.36%), Vitamin C: 1.79mg (2.17%), Fiber: 0.46g (1.83%), Copper: 0.03mg (1.32%)