



## Double Berry Freezer Jam

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



10 min.

SERVINGS



10

CALORIES



176 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 4 cups blueberries fresh whole
- 1.6 oz jam
- 3 cups strawberries fresh
- 1.5 cups sugar

### Equipment

- food processor
- bowl
- canning jar

## Directions

- Pulse blueberries in food processor 2 to 4 times or until finely chopped, stopping to scrape down sides.
- Place in a medium-size bowl. Pulse strawberries in food processor 8 to 10 times or until finely chopped, stopping to scrape down sides.
- Add to blueberries in bowl. Stir in sugar, and let stand 15 minutes.
- Gradually stir in pectin. Stir for 3 minutes; let stand 5 minutes.
- Spoon mixture into sterilized canning jars, filling to 1/2 inch from top; wipe jar rims clean. Cover with metal lids, and screw on bands.
- Place in freezer.

## Nutrition Facts

 PROTEIN 1.6%  FAT 2.05%  CARBS 96.35%

## Properties

Glycemic Index:20.51, Glycemic Load:26.47, Inflammation Score:-3, Nutrition Score:4.8491304076236%

## Flavonoids

Cyanidin: 5.73mg, Cyanidin: 5.73mg, Cyanidin: 5.73mg, Cyanidin: 5.73mg Petunidin: 18.71mg, Petunidin: 18.71mg, Petunidin: 18.71mg, Petunidin: 18.71mg Delphinidin: 21.11mg, Delphinidin: 21.11mg, Delphinidin: 21.11mg, Delphinidin: 21.11mg Malvidin: 40.02mg, Malvidin: 40.02mg, Malvidin: 40.02mg, Malvidin: 40.02mg Pelargonidin: 10.74mg, Pelargonidin: 10.74mg, Pelargonidin: 10.74mg, Pelargonidin: 10.74mg Peonidin: 12.03mg, Peonidin: 12.03mg, Peonidin: 12.03mg, Peonidin: 12.03mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

## Nutrients (% of daily need)

Calories: 175.6kcal (8.78%), Fat: 0.42g (0.65%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 44.89g (14.96%), Net Carbohydrates: 42.55g (15.47%), Sugar: 40.13g (44.59%), Cholesterol: 0mg (0%), Sodium: 2.77mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.49%), Vitamin C: 31.54mg (38.23%), Manganese: 0.37mg (18.43%), Vitamin K: 12.38µg (11.79%), Fiber: 2.33g (9.34%), Folate: 14.42µg (3.6%), Potassium: 115.75mg (3.31%), Vitamin E: 0.47mg (3.12%), Copper: 0.06mg (3.05%), Vitamin B6: 0.05mg (2.6%), Vitamin B2: 0.04mg (2.52%), Magnesium: 9.35mg (2.34%), Vitamin B1: 0.03mg (2.2%), Iron: 0.38mg (2.11%), Vitamin B3: 0.42mg (2.08%), Phosphorus: 18.33mg (1.83%), Vitamin B5: 0.13mg (1.28%), Calcium: 11.67mg (1.17%), Zinc: 0.16mg (1.07%)