



Easiest Pepper Jelly



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



218 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 teaspoon apple cider vinegar
- ☐ 0.5 cup apple jelly
- ☐ 1 tablespoon green onion chopped
- ☐ 1 tablespoon jalapeno seeded chopped
- ☐ 0.5 cup orange marmalade

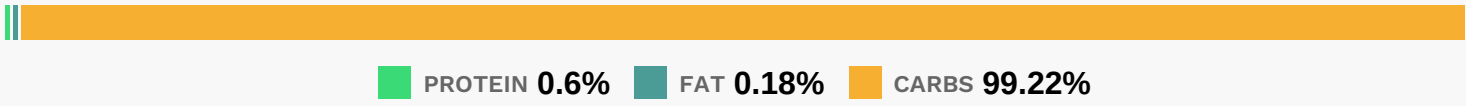
Equipment

- ☐ sauce pan

Directions

☐ Stir together all ingredients in a large saucepan over low heat until jelly and marmalade are melted and mixture is blended. Cool. Cover and chill 8 hours.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:15.92, Inflammation Score:-1, Nutrition Score:2.0395652146443%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 218.38kcal (10.92%), Fat: 0.05g (0.07%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 56.17g (18.72%), Net Carbohydrates: 55.28g (20.1%), Sugar: 44.81g (49.79%), Cholesterol: 0mg (0%), Sodium: 36.42mg (1.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.68%), Vitamin C: 10.39mg (12.59%), Copper: 0.08mg (4.08%), Vitamin K: 3.8µg (3.62%), Fiber: 0.89g (3.57%), Vitamin B2: 0.05mg (2.71%), Folate: 10.25µg (2.56%), Calcium: 25.32mg (2.53%), Potassium: 61.88mg (1.77%), Manganese: 0.03mg (1.71%), Iron: 0.3mg (1.68%), Vitamin B6: 0.03mg (1.64%), Vitamin A: 80.18IU (1.6%), Selenium: 1.12µg (1.59%), Vitamin E: 0.22mg (1.45%), Phosphorus: 11.31mg (1.13%)