



## Easy Apple Rhubarb Jam

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



336 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 3 cups apples diced peeled
- 1 tablespoon ground cinnamon
- 2 ounce pectin dry
- 3 cups rhubarb diced
- 0.5 cup water
- 2 cups sugar white

### Equipment

- paper towels

sauce pan

ladle

## Directions

In a large saucepan mix together the rhubarb, apples, sugar, water and cinnamon. Bring to a boil, then cook over medium heat for 20 minutes or until the fruit is soft. Stir in the pectin and boil for 5 minutes.

Ladle into sterile jars, wipe rims with a clean cloth or paper towel, and seal with new lids. Process in a bath of simmering water for at least 10 minutes, or as recommended by your local extension if you are at a high altitude. Store unopened jars in a cool dark place. Refrigerate jam after opening.

## Nutrition Facts

**PROTEIN 0.89%** **FAT 1.23%** **CARBS 97.88%**

## Properties

Glycemic Index:20.02, Glycemic Load:49.06, Inflammation Score:-1, Nutrition Score:4.6826086925424%

## Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 5.02mg, Epicatechin: 5.02mg, Epicatechin: 5.02mg, Epicatechin: 5.02mg Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

## Nutrients (% of daily need)

Calories: 335.98kcal (16.8%), Fat: 0.49g (0.75%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 87.41g (29.14%), Net Carbohydrates: 83.29g (30.29%), Sugar: 73.73g (81.93%), Cholesterol: 0mg (0%), Sodium: 23.75mg (1.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.59%), Manganese: 0.38mg (19.18%), Vitamin K: 19.66µg (18.73%), Fiber: 4.12g (16.47%), Vitamin C: 7.81mg (9.46%), Potassium: 250.3mg (7.15%), Calcium: 71.49mg (7.15%), Copper: 0.08mg (4.09%), Iron: 0.61mg (3.39%), Vitamin B2: 0.05mg (3.14%), Magnesium: 11.54mg (2.88%), Vitamin B6: 0.04mg (2.17%), Vitamin E: 0.31mg (2.05%), Vitamin A: 100.19IU (2%), Phosphorus: 16.46mg (1.65%), Vitamin B1: 0.02mg (1.59%), Selenium: 1.11µg (1.59%), Folate: 6.32µg (1.58%), Vitamin B3: 0.26mg (1.29%), Zinc: 0.16mg (1.09%),

Vitamin B5: 0.1mg (1.05%)