



Easy Microwave Fig Jam



Vegetarian



Gluten Free



Popular

READY IN



25 min.

SERVINGS



10

CALORIES



149 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1.5 cups figs fresh diced (6–10 figs, depending on the size of the figs)
- ☐ 0.5 cup cranberry–orange relish diced peeled seeded
- ☐ 1.5 cups sugar well (reduce if you want, though it won't set as)
- ☐ 1.5 teaspoons orange peel grated
- ☐ 3 Tbsp juice of lemon
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon cinnamon

☐ 0.5 teaspoon butter

Equipment

☐ bowl

☐ oven

☐ microwave

☐ measuring cup

Directions

☐ Macerate fruit in sugar:

☐ Place the ingredients in a large ceramic or glass bowl or casserole (we use a 2-quart pyrex measuring cup), stir to combine, let sit for 30 minutes for the fruit to macerate in the sugar.

☐ Place in microwave. You will cook the fruit mixture on the high setting for approximately 15 minutes.

☐ As soon as the mixture starts to boil, after about 6 to 8 minutes, stop the cooking and stir. Continue cooking and stir every few minutes.

☐ At about 13 minutes the mixture should start to get viscous. If you spoon out a bit on to a small plate that has been in the freezer, you can push the mixture around a bit with your finger tip to see how thick it is.

☐ If it is runny, cook it a couple minutes more. You can also check by seeing how the jam runs off of a spoon. If it seems to firm up a bit as it drips, it's done.

☐ If you use a large pyrex measuring cup as we have done here, you can see that you start with close to 3 cups of liquid. You want to boil it down to 2 cups.

☐ Pour into jars:

☐ Pour out the jam into jars, leaving 1/4-inch of headroom from the top of the jars. If you want to keep your jam in a cupboard, then use sterilized jars (heat them in the oven at 200°F for 10 minutes). If you plan to eat up quickly and will keep them in the refrigerator, regular clean jars will do.

Nutrition Facts



 **PROTEIN 0.97%**  **FAT 2.48%**  **CARBS 96.55%**

Properties

Glycemic Index:22.86, Glycemic Load:24.83, Inflammation Score:-1, Nutrition Score:1.9343478424556%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 3.1mg, Hesperetin: 3.1mg, Hesperetin: 3.1mg, Hesperetin: 3.1mg Naringenin: 1.44mg, Naringenin: 1.44mg, Naringenin: 1.44mg, Naringenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 149.49kcal (7.47%), Fat: 0.44g (0.67%), Saturated Fat: 0.16g (0.98%), Carbohydrates: 38.25g (12.75%), Net Carbohydrates: 36.91g (13.42%), Sugar: 36.68g (40.76%), Cholesterol: 0.54mg (0.18%), Sodium: 2.47mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.77%), Vitamin C: 7.65mg (9.27%), Fiber: 1.34g (5.36%), Manganese: 0.1mg (5.24%), Potassium: 105.94mg (3.03%), Vitamin B6: 0.05mg (2.43%), Vitamin B1: 0.03mg (2.05%), Magnesium: 7.54mg (1.89%), Calcium: 18.01mg (1.8%), Vitamin K: 1.77µg (1.69%), Vitamin B2: 0.03mg (1.66%), Copper: 0.03mg (1.63%), Vitamin A: 78.66IU (1.57%), Folate: 5.85µg (1.46%), Vitamin B5: 0.14mg (1.37%), Iron: 0.18mg (1.01%)