



Elderberry Jelly



Vegetarian



Gluten Free



Popular



Low Fod Map

READY IN



180 min.

SERVINGS



50

CALORIES



90 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 3 lbs elderberries ripe
- ☐ 0.3 cup juice of lemon freshly squeezed
- ☐ 1 packet surejell pectin
- ☐ 4.5 cups granulated sugar white
- ☐ 0.3 teaspoon butter

Equipment

- ☐ bowl
- ☐ baking sheet

- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ potato masher
- ☐ wooden spoon
- ☐ tongs
- ☐ cheesecloth
- ☐ canning jar

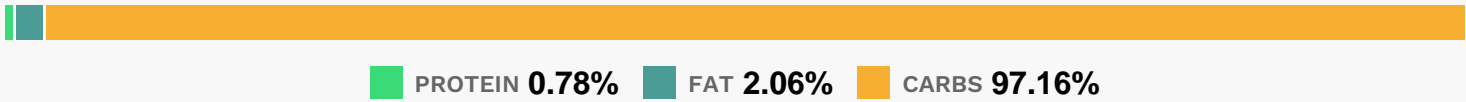
Directions

- ☐ Rinse the elderberry clusters: Rinse elderberry clusters thoroughly. I find the easiest way to do this is to put them in the basin of my kitchen sink, and fill it up with water.
- ☐ If you've picked your own elderberries, often there are little squash bugs or spiders that will come to the surface, so keep an eye out for them.
- ☐ Strip the elderberries from their stems: Working over a large bowl, work on one small cluster at a time, gently raking your fingers or the tines of a fork across the clusters to dislodge the berries from the stems.
- ☐ Use mostly berries that are completely blue or black. A few underripe green berries are fine; they have more pectin and including them will help the jelly set.
- ☐ For each batch of jelly, collect 3 lbs of de-stemmed elderberries (about 8 to 10 cups).
- ☐ Put the elderberries in a pot and bring to a simmer:
- ☐ Place berries in a large pot and crush with a potato masher to release some of the juices. Turn the heat to medium and continue to crush as the mixture heats up to a boil.
- ☐ Once the berries and their juices reach a boil, reduce the heat to low and let the berries simmer for 10 minutes.
- ☐ Remove from heat.
- ☐ Place a large fine-mesh sieve, or 4 layers of cheesecloth, over a pot.
- ☐ Slowly transfer the mashed berries and juice over the sieve to strain the juice out into the pot.
- ☐ Let strain for an hour.

- ☐ jars for canning: You'll need 5–6 8-ounce canning jars and lids. Rinse out the jars and place on a baking sheet, top up, in the oven.
- ☐ Heat for 10 minutes at 200°F to sterilize the jars.
- ☐ To sterilize the lids, bring a kettle of a couple cups of water to a boil.
- ☐ Place lids in a shallow bowl and pour the boiling water over them.
- ☐ out the juice: You will need 3 cups of juice to make one batch of jelly if using MCP or Sure
- ☐ Jell pectin.**
- ☐ Any amount more than that you can reserve for making syrup, or add to another batch for jelly.
- ☐ Place 3 cups of juice into a large, high sided, wide pot (8-quart).
- ☐ Add the lemon juice and pectin. Bring to a boil on high heat.
- ☐ Add 4 1/2 cups sugar and 1/4 teaspoon of butter. Stir with a wooden spoon. Bring to a boil again. Watch the pot as the mixture will foam up considerably. You may need to lower the heat a bit to keep the foam from boiling over the pot.
- ☐ By the way, the reason we add a small amount of butter is that it helps keep the mixture from boiling up as high.
- ☐ Boil the mixture, then pour into canning jars: As soon as the mixture reaches a rolling boil that you cannot diminish by stirring, watch the clock.
- ☐ At exactly 2 minutes, remove from heat and pour mixture into canning jars to 1/4-inch of headspace from the rim.
- ☐ Secure canning jars with lids: Wipe rims with a damp paper towel.
- ☐ Place lids on jars and rings to secure.
- ☐ If you want, to ensure a good seal and to protect against mold (any potentially harmful bacteria will already be destroyed by the sugar concentration of the jelly), you can process the jars in a water bath for 5 minutes.
- ☐ To do so, put a steaming rack at the bottom of a large, tall pot. Fill the pot halfway with water (enough to cover jars with an inch or two of water when in the pot), bring to a boil, gently place the jars in the pot (helps to use a jar lifter, tongs, or be wearing rubber gloves), boil for 5 minutes, and remove.
- ☐ Let cool. As the jelly cools you should hear a popping sound as the lids seal.
- ☐ **Note these are the guidelines from the pectin box instructions. I found that sometimes even half as much pectin will cause the jelly to set, though perhaps not as firm as the whole

amount.

Nutrition Facts



Properties

Glycemic Index:2.4, Glycemic Load:12.57, Inflammation Score:-3, Nutrition Score:1.7095652052566%

Flavonoids

Cyanidin: 132.07mg, Cyanidin: 132.07mg, Cyanidin: 132.07mg, Cyanidin: 132.07mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 7.29mg, Quercetin: 7.29mg, Quercetin: 7.29mg, Quercetin: 7.29mg

Nutrients (% of daily need)

Calories: 89.68kcal (4.48%), Fat: 0.22g (0.33%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 23.04g (7.68%), Net Carbohydrates: 21.13g (7.68%), Sugar: 17.99g (19.99%), Cholesterol: 0.05mg (0.02%), Sodium: 2.03mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.37%), Vitamin C: 10.27mg (12.45%), Fiber: 1.91g (7.64%), Vitamin A: 163.99IU (3.28%), Vitamin B6: 0.06mg (3.16%), Iron: 0.45mg (2.48%), Potassium: 77.83mg (2.22%), Vitamin B1: 0.02mg (1.29%), Vitamin B2: 0.02mg (1.17%), Phosphorus: 10.72mg (1.07%), Calcium: 10.6mg (1.06%)