



Fig and Ginger Jam



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



106 kcal

CONDIMENT

DIP

SPREAD

Ingredients



3 tablespoons crystallized ginger chopped



4 cups dark-skinned figs fresh black coarsely chopped (such as Mission, Celeste, or Brown Turkey; 15 large figs)



0.3 cup juice of lemon fresh



0.3 teaspoon salt



2.3 cups sugar



0.3 cup water

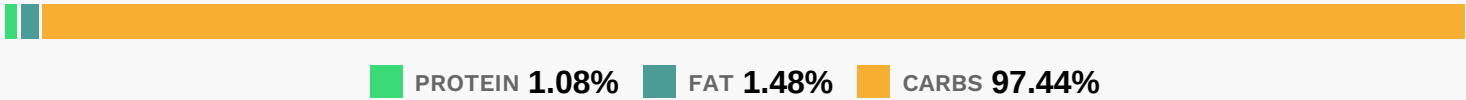
Equipment

☐ sauce pan

Directions

- ☐ Combine all ingredients in a large saucepan; bring to a boil. Reduce heat, and simmer, uncovered, 30 minutes or until thick, stirring frequently. Cool; pour into airtight containers.
- ☐ Note: Refrigerate Fig and Ginger Jam in airtight containers up to six weeks.

Nutrition Facts



Properties

Glycemic Index:5.46, Glycemic Load:17.01, Inflammation Score:-1, Nutrition Score:1.3069565192513%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 105.94kcal (5.3%), Fat: 0.18g (0.28%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 27.41g (9.14%), Net Carbohydrates: 26.25g (9.55%), Sugar: 26.15g (29.06%), Cholesterol: 0mg (0%), Sodium: 25.18mg (1.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.61%), Fiber: 1.15g (4.6%), Potassium: 94.48mg (2.7%), Manganese: 0.05mg (2.58%), Vitamin B6: 0.05mg (2.29%), Vitamin C: 1.77mg (2.15%), Vitamin K: 1.85µg (1.77%), Magnesium: 6.89mg (1.72%), Vitamin B1: 0.02mg (1.62%), Copper: 0.03mg (1.49%), Calcium: 14.25mg (1.43%), Vitamin B2: 0.02mg (1.39%), Vitamin B5: 0.12mg (1.22%), Vitamin A: 56.15IU (1.12%)