



Fig and Lime Jam



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



70 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 pounds brown turkey figs fresh cut into (1/4-inch) pieces (6 cups)
- ☐ 0.3 cup juice of lime fresh (3 limes)
- ☐ 2 cups sugar

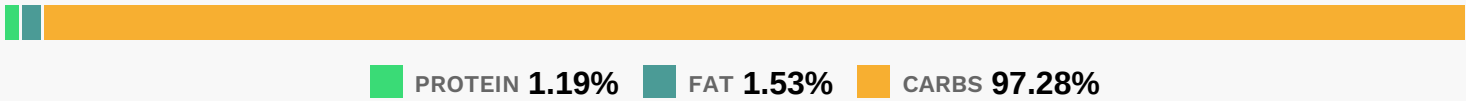
Equipment

- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Combine all ingredients in a large heavy saucepan; mash fig mixture with a potato masher until combined.
- ☐ Let stand 2 hours. Bring mixture to a boil over medium heat. Reduce heat; simmer 35 minutes or until mixture begins to thicken slightly, stirring occasionally. Cool completely. Cover and chill overnight.

Nutrition Facts



Properties

Glycemic Index:4.1, Glycemic Load:11.55, Inflammation Score:-1, Nutrition Score:0.93173912232337%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 69.58kcal (3.48%), Fat: 0.13g (0.19%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 18.05g (6.02%), Net Carbohydrates: 17.22g (6.26%), Sugar: 17.13g (19.03%), Cholesterol: 0mg (0%), Sodium: 0.45mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.44%), Fiber: 0.83g (3.32%), Potassium: 68.23mg (1.95%), Manganese: 0.04mg (1.86%), Vitamin B6: 0.03mg (1.64%), Vitamin C: 1.13mg (1.37%), Vitamin K: 1.34µg (1.28%), Magnesium: 4.97mg (1.24%), Vitamin B1: 0.02mg (1.17%), Copper: 0.02mg (1.06%), Calcium: 10.31mg (1.03%)