



Fig-Blackberry-Orange Jam



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



460 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 6 ounces blackberries rinsed ()
- ☐ 2 pounds figs ripe rinsed ends trimmed cut into quarters (2 pints)
- ☐ 0.5 cup orange juice fresh
- ☐ 1.5 teaspoons orange zest freshly grated
- ☐ 0.8 cup sugar

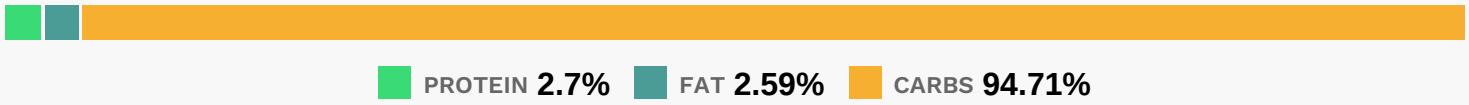
Equipment

- ☐ frying pan

Directions

- ☐ In a 4-quart pan over medium-high heat, combine figs, blackberries, sugar, and orange juice. Bring to a boil and cook, stirring often, until liquid has the consistency of thick maple syrup, about 12 minutes. Stir in orange zest. Boil, stirring often, another 2 minutes, or until mixture reaches desired thickness (see notes).
- ☐ Remove jam from heat and let cool at room temperature 15 minutes. Chill, covered, at least 2 hours in refrigerator before using. Jam keeps, chilled, up to 4 weeks.

Nutrition Facts



Properties

Glycemic Index:69.36, Glycemic Load:67.78, Inflammation Score:-7, Nutrition Score:15.138695654662%

Flavonoids

Cyanidin: 58.18mg, Cyanidin: 58.18mg, Cyanidin: 58.18mg, Cyanidin: 58.18mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 25.82mg, Catechin: 25.82mg, Catechin: 25.82mg, Catechin: 25.82mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 4.15mg, Epicatechin: 4.15mg, Epicatechin: 4.15mg, Epicatechin: 4.15mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 18.67mg, Quercetin: 18.67mg, Quercetin: 18.67mg, Quercetin: 18.67mg

Nutrients (% of daily need)

Calories: 460.22kcal (23.01%), Fat: 1.43g (2.2%), Saturated Fat: 0.2g (1.25%), Carbohydrates: 117.86g (39.29%), Net Carbohydrates: 105.89g (38.51%), Sugar: 105.43g (117.14%), Cholesterol: 0mg (0%), Sodium: 4.53mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.72%), Vitamin C: 39.98mg (48.46%), Fiber: 11.96g (47.85%), Manganese: 0.76mg (38.06%), Potassium: 879.2mg (25.12%), Vitamin K: 25.48µg (24.27%), Vitamin B6: 0.38mg (18.85%), Magnesium: 67.51mg (16.88%), Copper: 0.33mg (16.39%), Vitamin B1: 0.23mg (15.41%), Calcium: 128.94mg (12.89%), Vitamin A: 637.6IU (12.75%), Vitamin B5: 1.15mg (11.47%), Folate: 45.02µg (11.25%), Vitamin B2: 0.19mg (11.1%), Iron: 1.59mg (8.81%), Vitamin B3: 1.75mg (8.75%), Vitamin E: 1.01mg (6.77%), Phosphorus: 62.05mg (6.2%), Zinc: 0.78mg (5.22%), Selenium: 1.18µg (1.69%)