



Freezer Persimmon Jam

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



639 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 pinch ground nutmeg
- 0.3 cup juice of lemon fresh
- 0.5 teaspoon orange zest grated
- 5 cups persimmons pureed
- 3 cups sugar white


Equipment

- sauce pan

Directions

- In a large saucepan over medium-high heat, combine persimmon puree, sugar, lemon juice, orange zest and nutmeg. Boil for 30 minutes, or until slightly thickened.
- Pour into sterilized jars and seal. Store in the freezer.

Nutrition Facts

 **PROTEIN 0.95%**  **FAT 1.57%**  **CARBS 97.48%**

Properties

Glycemic Index:31.68, Glycemic Load:102.87, Inflammation Score:-3, Nutrition Score:7.0239130486127%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 638.66kcal (31.93%), Fat: 1.19g (1.84%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 166.47g (55.49%), Net Carbohydrates: 166.39g (60.51%), Sugar: 100.1g (111.23%), Cholesterol: 0mg (0%), Sodium: 3.1mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.25%), Vitamin C: 134.29mg (162.78%), Iron: 4.99mg (27.74%), Potassium: 624.59mg (17.85%), Calcium: 55.42mg (5.54%), Phosphorus: 52.46mg (5.25%), Vitamin B2: 0.02mg (1.22%)