

GLUTEN FREE

Fresh Cherry Preserves

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$0.81	151 kcal

Fresh Cherry Preserves is a condiment that serves 8. Watching your figure? This gluten free, dairy free, lacto ovo vegetarian, and vegan recipe has 151 calories, 1g of protein, and 0g of fat per serving. For 81 cents per serving, this recipe covers 2% of your daily requirements of vitamins and miner...

Ingredients

- ☐ ¼ teaspoon almond extract
- ☐ 1½ pounds fresh cherries, rinsed, pitted, and halved or very coarsely chopped
- ☐ 1 tablespoon lemon juice
- ☐ 1 cup sugar

EQUIPMENT Bowl, Frying pan

Method

- 1

In a 3- to 4-quart pan, combine cherries, sugar, and lemon juice. Stir over medium heat until sugar is dissolved and cherries are juicy, about 10 minutes. Adjust heat to maintain a low simmer and stir occasionally until mixture has thickened, about 40 minutes.
- 2

Stir in almond extract and pour preserves into a bowl. Chill, uncovered, until cold, about 4 hours. Cover and chill for up to 3 weeks.

Nutrition per serving

151

KCAL

1 g

PROTEIN

0 g

FAT

39 g

CARBS

Saturated Fat

0 g · 0% of daily needs

Fibre

1.8 g · 7% of daily needs

Sugar

35.9 g · 40% of daily needs

Sodium

0.3 mg · 0% of daily needs

Cholesterol

0 mg · 0% of daily needs

Vitamin C

6.7 mg · 8% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/fresh-cherry-preserves-148577