

Fresh Papaya Jam



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



305 min.

SERVINGS



40

CALORIES



109 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup orange juice
- ☐ 5 cups papaya ripe mashed
- ☐ 1.8 ounce pectin dry
- ☐ 5 cups sugar white

Equipment

- ☐ ladle
- ☐ pot
- ☐ kitchen timer

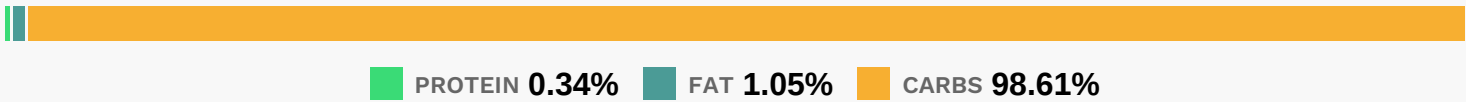
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canning jar

Directions

- ☐
- Stir together papaya, orange juice, and pectin in a very large pot over medium-high heat until it begins to boil. Stir constantly as the mixture heats. Once boiling, stir in the sugar, and return to a boil, stirring constantly. Once the jam has returned to a boil, start a timer, and boil for exactly 1 minute.
- ☐
- Ladle the hot jam into the hot, sterilized canning jars and seal with lids and rings. Allow to cool to room temperature, and refrigerate any jars that do not seal.

Nutrition Facts



Properties

Glycemic Index:4.52, Glycemic Load:18.47, Inflammation Score:-2, Nutrition Score:1.2321738995936%

Flavonoids

Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 108.5kcal (5.43%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.09%), Carbohydrates: 28.07g (9.36%), Net Carbohydrates: 27.67g (10.06%), Sugar: 26.45g (29.39%), Cholesterol: 0mg (0%), Sodium: 4.15mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.19%), Vitamin C: 11.43mg (13.86%), Vitamin A: 169.39IU (3.39%), Folate: 6.95µg (1.74%), Fiber: 0.41g (1.63%), Potassium: 35.54mg (1.02%)