



Garlic Jelly



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



32

CALORIES



125 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup garlic cloves peeled
- ☐ 3 ounces liquid pectin
- ☐ 2 cups distilled vinegar white
- ☐ 5 cups sugar white

Equipment

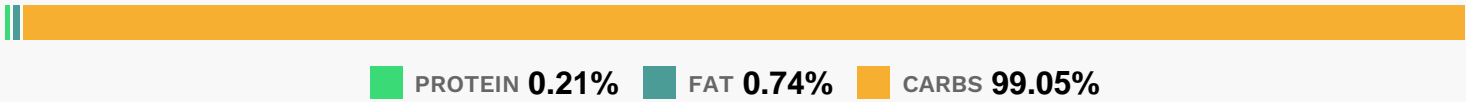
- ☐ food processor
- ☐ sauce pan
- ☐ pot

☐ blender

Directions

- ☐ In a food processor or blender, blend the garlic and 1/2 cup of vinegar until smooth. In a 6 to 8 quart saucepan, combine the garlic mixture, remaining 1 1/2 cups vinegar and sugar. Over high heat bring the mixture to a boil, stirring constantly. Quickly add the pectin. Return the mixture to a boil and boil hard for 1 minute, stirring constantly.
- ☐ Remove from the heat.
- ☐ Immediately fill five, sterilized half pint jars with the jelly, leaving 1/4-inch head space. Wipe the jar tops and threads clean.
- ☐ Place hot sealing lids on the jars and apply the screw on rings loosely. Process in boiling water in a deep canning pot for 5 minutes.
- ☐ Remove the jars and cool completely. Tighten the jar screw rings to complete the sealing process.

Nutrition Facts



Properties

Glycemic Index:4.69, Glycemic Load:21.92, Inflammation Score:1, Nutrition Score:0.23956521811045%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 125.06kcal (6.25%), Fat: 0.11g (0.16%), Saturated Fat: 0g (0.01%), Carbohydrates: 31.54g (10.51%), Net Carbohydrates: 31.46g (11.44%), Sugar: 31.2g (34.67%), Cholesterol: 0mg (0%), Sodium: 0.81mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.14%), Manganese: 0.03mg (1.39%)