



Ginger-Citrus Marmalade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



135 min.

SERVINGS



8

CALORIES



240 kcal

CONDIMENT

DIP

SPREAD

Ingredients



1 tablespoon ginger fresh minced



0.1 teaspoon kosher salt



1 optional: lemon



2 large navel oranges



2 medium size grapefruit red



2 cups sugar

Equipment



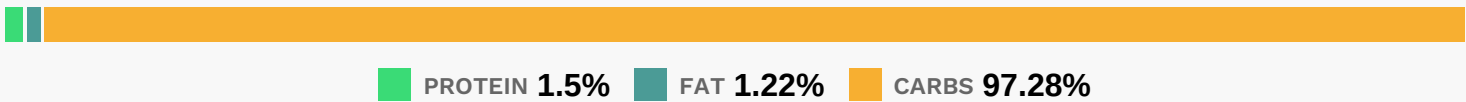
bowl

- ☐ sauce pan
- ☐ candy thermometer

Directions

- ☐ Grate zest from oranges to equal 1 Tbsp. Repeat with grapefruit. Grate zest from lemon to equal 1 tsp.
- ☐ Peel and section oranges, grapefruit, and lemon, holding fruit over a bowl to collect juices.
- ☐ Stir together zest, fruit segments, sugar, ginger, kosher salt, 1/3 cup fruit juices, and 1 3/4 cups water in a large saucepan; bring to a boil. Reduce heat, and simmer, stirring occasionally, 50 minutes or until a candy thermometer registers 225 and mixture is slightly thickened. Cool completely (about 1 hour; mixture will thicken as it cools).
- ☐ Pour into 2 (8-oz.) jars or airtight containers, and chill 24 hours. Store marmalade in refrigerator up to 3 weeks.

Nutrition Facts



Properties

Glycemic Index:16.95, Glycemic Load:36.55, Inflammation Score:-6, Nutrition Score:5.2813044294067%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 11.64mg, Hesperetin: 11.64mg, Hesperetin: 11.64mg, Hesperetin: 11.64mg Naringenin: 22.63mg, Naringenin: 22.63mg, Naringenin: 22.63mg, Naringenin: 22.63mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 240.1kcal (12%), Fat: 0.35g (0.53%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 62.18g (20.73%), Net Carbohydrates: 60.03g (21.83%), Sugar: 57.46g (63.85%), Cholesterol: 0mg (0%), Sodium: 37.57mg (1.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.91%), Vitamin C: 47.07mg (57.06%), Vitamin A: 796.67IU (15.93%), Fiber: 2.15g (8.6%), Folate: 21.48µg (5.37%), Potassium: 164.39mg (4.7%), Vitamin B1: 0.06mg (3.72%), Vitamin B6: 0.07mg (3.62%), Calcium: 32.75mg (3.28%), Vitamin B2: 0.05mg (2.91%), Vitamin B5: 0.28mg (2.8%), Magnesium: 10.84mg (2.71%), Copper: 0.04mg (2.19%), Phosphorus: 21.58mg (2.16%), Manganese: 0.03mg (1.59%), Vitamin B3: 0.29mg (1.47%), Iron: 0.21mg (1.15%), Vitamin E: 0.16mg (1.03%)