

Gingery Plum Jam



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



64

CALORIES



50 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1.5 tablespoons ginger fresh minced peeled
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 6 inch julienne-cut lemon rind
- ☐ 4 pounds purple-skinned plums pitted ripe cut into 1-inch pieces (24 plums)
- ☐ 3 cups sugar
- ☐ 1 cup water

Equipment

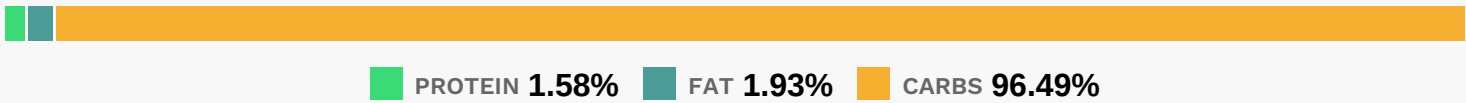
- ☐ dutch oven

candy thermometer

Directions

- Combine plums and water in a Dutch oven, and bring to a boil. Reduce heat, and simmer, uncovered, 20 minutes or until tender. Stir in sugar, juice, ginger, and rind. Cook over medium heat 40 minutes, until thick or a candy thermometer reaches 21
- Stir mixture occasionally. (Do not overcook or mixture will scorch.) Cool. Discard lemon rind. Store in an airtight container in the refrigerator up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:1.93, Glycemic Load:7.64, Inflammation Score:-1, Nutrition Score:0.771304357311%

Flavonoids

Cyanidin: 1.6mg, Cyanidin: 1.6mg, Cyanidin: 1.6mg, Cyanidin: 1.6mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 49.53kcal (2.48%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 12.69g (4.23%), Net Carbohydrates: 12.26g (4.46%), Sugar: 12.2g (13.55%), Cholesterol: 0mg (0%), Sodium: 0.32mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.41%), Vitamin C: 3.28mg (3.98%), Vitamin A: 97.97IU (1.96%), Vitamin K: 1.81µg (1.73%), Fiber: 0.43g (1.71%), Potassium: 46.48mg (1.33%)