



Grandma's Pear Preserves



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



60

CALORIES



122 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 2 teaspoons ground allspice
- ☐ 2 teaspoons ground nutmeg
- ☐ 1 tablespoon juice of lemon
- ☐ 6 cups pears cored peeled sliced
- ☐ 2 ounce powdered fruit pectin
- ☐ 1 cup water
- ☐ 8 cups sugar white

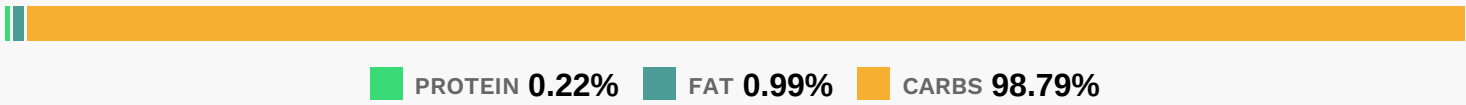
Equipment

☐ sauce pan

Directions

- ☐ Sterilize jars and lids in boiling water for at least 10 minutes.
- ☐ Let simmer while making jam.
- ☐ In a large saucepan, combine pears, water, and lemon juice. Cover, and simmer for 10 minutes. Stir in pectin, and bring to a full boil. Stir in the white sugar, and continue boiling and stirring uncovered for 1 minute, until sugar is dissolved.
- ☐ Remove from heat, and stir in brown sugar, allspice, and nutmeg.
- ☐ Quickly fill jars to within 1/2 inch of the top. Wipe rims clean, and top with lids. Process jars in boiling water for 10 minutes to seal.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:19.35, Inflammation Score:0, Nutrition Score:0.45130435182996%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 122.46kcal (6.12%), Fat: 0.14g (0.22%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 31.76g (10.59%), Net Carbohydrates: 31.15g (11.33%), Sugar: 29.99g (33.32%), Cholesterol: 0mg (0%), Sodium: 3.09mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.14%), Fiber: 0.61g (2.44%), Copper: 0.02mg (1.08%)