



Granny Smith Apple Freezer Jam



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



85 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup pasteurized apple juice
- ☐ 5 cups granny smith apples unpeeled coarsely chopped (5 medium apples or)
- ☐ 1.6 oz freezer jam pectin
- ☐ 1 cup sugar

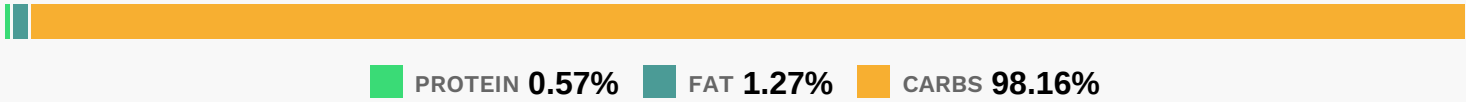
Equipment

- ☐ food processor
- ☐ bowl
- ☐ canning jar

Directions

- ☐ Pulse chopped apples in food processor 10 times or until finely chopped.
- ☐ Place in a medium bowl. Stir in sugar and juice; let stand 15 minutes.
- ☐ Gradually stir in pectin. Stir for 3 minutes; let stand 5 minutes.
- ☐ Spoon fruit mixture into sterilized canning jars, filling to 1/2 inch from top; wipe jar rims clean. Cover with metal lids, and screw on bands.
- ☐ Place in freezer.

Nutrition Facts



Properties

Glycemic Index:13.19, Glycemic Load:12.32, Inflammation Score:-1, Nutrition Score:0.7921739032735%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 85.16kcal (4.26%), Fat: 0.13g (0.19%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 22.03g (7.34%), Net Carbohydrates: 20.99g (7.63%), Sugar: 19.89g (22.1%), Cholesterol: 0mg (0%), Sodium: 1.84mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.26%), Fiber: 1.05g (4.2%), Vitamin C: 2.26mg (2.73%), Potassium: 55.51mg (1.59%), Manganese: 0.02mg (1.12%)