



Grape Jelly

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



12 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 23 ounce no-sugar-added concentrated grape juice frozen 100% thawed canned (such as Welch's Grape Juice)
- 1.8 ounce no-sugar-needed pectin
- 1.5 cups water

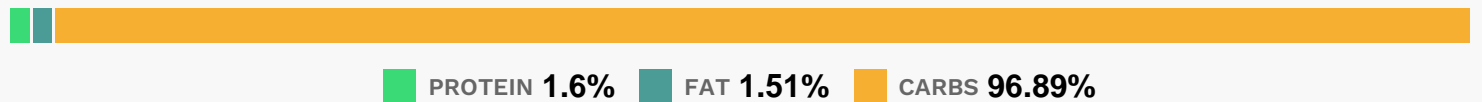
Equipment

- microwave
- measuring cup

Directions

- Combine grape juice concentrate and water in a 2-quart glass measuring cup. Gradually add pectin, stirring well.
- Let mixture stand 5 minutes. Microwave at HIGH until mixture comes to a rolling boil, stirring after 4 minutes. Boil 1 minute.
- Remove from heat; skim foam if necessary.
- Add sweetener, stirring until sweetener is completely dissolved.
- Pour into hot sterilized jars, leaving 1/4 inch at the top of jar; wipe jar rims. Cover at once with metal lids, and screw on bands. Process in boiling water bath 5 minutes.
- carbo rating: 4

Nutrition Facts



Properties

Glycemic Index:1.46, Glycemic Load:0.72, Inflammation Score:-1, Nutrition Score:0.17695652231898%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 1.52mg, Malvidin: 1.52mg, Malvidin: 1.52mg, Malvidin: 1.52mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 12.13kcal (0.61%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.02%), Carbohydrates: 3.04g (1.01%), Net Carbohydrates: 3.01g (1.09%), Sugar: 2.96g (3.29%), Cholesterol: 0mg (0%), Sodium: 1.06mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.1%), Manganese: 0.03mg (1.63%)