

## Grape Jelly

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



3

CALORIES



1561 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 3 cups grape juice
- 2 ounce powdered fruit pectin
- 5.3 cups sugar white

### Equipment

- ladle
- pot

# Directions

- Sterilize and dry jars for jelly, and set side. I like to use my dishwasher. New lids are recommended for best results.
- Combine grape juice and pectin in a large pot over medium-high heat. Bring to a boil, and stir one minute at a rolling boil. Stir in sugar for a few minutes to completely dissolve.
- Remove from heat.
- Ladle the hot jelly into the jars, leaving 1/2 inch of space at the top. Wipe rims of jars with a clean dry cloth. Cover with a lid and ring to seal.
- Let stand 24 hours at room temperature, then refrigerate. Jelly may take up to a week to set. Once set, it is ready to serve. Store in the refrigerator for up to three weeks, once set. If canning for long term storage, process in a hot water bath for 10 minutes, or contact your local extension for processing times in your area.

# Nutrition Facts

 **PROTEIN 0.24%**  **FAT 0.83%**  **CARBS 98.93%**

## Properties

Glycemic Index:23.36, Glycemic Load:244.34, Inflammation Score:1, Nutrition Score:4.333913018684%

## Flavonoids

Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg Petunidin: 2.58mg, Petunidin: 2.58mg, Petunidin: 2.58mg, Petunidin: 2.58mg Delphinidin: 4.86mg, Delphinidin: 4.86mg, Delphinidin: 4.86mg, Delphinidin: 4.86mg Malvidin: 28.26mg, Malvidin: 28.26mg, Malvidin: 28.26mg, Malvidin: 28.26mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 2.68mg, Peonidin: 2.68mg, Peonidin: 2.68mg, Peonidin: 2.68mg Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.77mg, Myricetin: 1.77mg, Myricetin: 1.77mg, Myricetin: 1.77mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

## Nutrients (% of daily need)

Calories: 1560.72kcal (78.04%), Fat: 1.51g (2.32%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 403.05g (134.35%), Net Carbohydrates: 400.92g (145.79%), Sugar: 385.23g (428.03%), Cholesterol: 0mg (0%), Sodium: 53.95mg (2.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.99%), Manganese: 0.63mg (31.59%),

Fiber: 2.13g (8.53%), Potassium: 271.44mg (7.76%), Copper: 0.15mg (7.47%), Iron: 1.32mg (7.33%), Vitamin B2: 0.12mg (6.81%), Magnesium: 25.49mg (6.37%), Vitamin B6: 0.08mg (4.14%), Phosphorus: 35.8mg (3.58%), Calcium: 32.65mg (3.27%), Selenium: 2.1µg (3%), Vitamin B1: 0.04mg (2.97%), Zinc: 0.3mg (2.01%), Vitamin B3: 0.34mg (1.69%), Vitamin B5: 0.14mg (1.42%)