

Grapefruit Marmalade



Vegetarian



Gluten Free



Low Fod Map

READY IN



120 min.

SERVINGS



7

CALORIES



739 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.1 teaspoon baking soda
- 1.8 ounce premium fruit pectin
- 6.5 cups sugar
- 0.3 teaspoon butter unsalted

Equipment

- food processor
- bowl
- ladle

pot

Directions

- Measure the sugar into a large bowl and set aside.
- Wash the grapefruit and remove the rinds in quarters. Discard 4 of the quarters (the rind of 1 grapefruit). Thinly slice the remaining quarters lengthwise, then roughly chop them crosswise into smaller pieces.
- Transfer the rinds to a large pot and add 2 cups of water and the baking soda. Bring to a boil over medium-high heat, cover, lower the heat, and simmer until the rinds are soft and beginning to turn translucent, about 15 minutes.
- Meanwhile, roughly chop the grapefruit and remove any seeds.
- Transfer the grapefruit to a food processor and pulse until coarsely chopped.
- Add the fruit to the pot with the rind and return the mixture to a simmer. Simmer, covered, until the fruit has softened a bit, about 15 minutes.
- Measure 5 cups of the fruit mixture, making sure to get a good combination of rind, fruit, and juice. Discard the remaining fruit mixture. Return the reserved 5 cups of the fruit mixture to the pot. Stir in the pectin and the butter and bring to a boil over high heat, stirring constantly.
- Add the sugar all at once and return the mixture to a full rolling boil, stirring constantly. Boil hard for one minute.
- Remove the pot from the heat and skim any foam from the surface of the marmalade with a cold metal spoon. Ladle the marmalade into hot, sterilized jars and process them in a hot water bath for 10 minutes.

Nutrition Facts

 PROTEIN **0.01%**  FAT **0.89%**  CARBS **99.1%**

Properties

Glycemic Index:10.01, Glycemic Load:129.65, Inflammation Score:2, Nutrition Score:0.51260870217305%

Nutrients (% of daily need)

Calories: 739.31kcal (36.97%), Fat: 0.76g (1.17%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 191.38g (63.79%), Net Carbohydrates: 190.77g (69.37%), Sugar: 185.34g (205.94%), Cholesterol: 0.38mg (0.13%), Sodium: 35.59mg (1.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.05%), Fiber: 0.61g (2.44%), Vitamin B2:

0.04mg (2.33%), Copper: 0.04mg (2.14%), Selenium: 1.12µg (1.59%), Iron: 0.28mg (1.58%)