



Grapefruit, Orange, and Ginger Marmalade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



40

CALORIES



123 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup crystallized ginger chopped
- ☐ 1 pink grapefruit red cut into 1-inch pieces
- ☐ 1 cranberry-orange relish cut into 1-inch pieces
- ☐ 6 cups sugar
- ☐ 3 cups water

Equipment

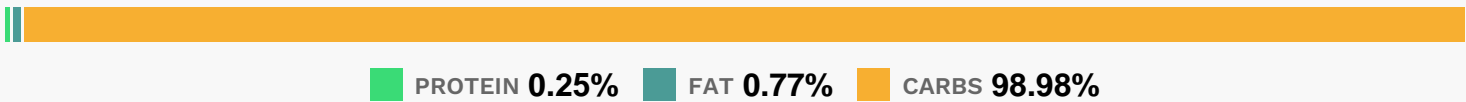
- ☐ food processor
- ☐ frying pan

☐ dutch oven

Directions

- ☐ Place ginger, half of orange, and half of grapefruit in a food processor; pulse 4 times or until finely chopped.
- ☐ Place orange mixture in a Dutch oven. Repeat procedure with remaining orange and grapefruit.
- ☐ Add water to pan; bring mixture to a boil. Cover, reduce heat, and simmer until mixture is reduced to 6 cups (about 50 minutes), stirring occasionally.
- ☐ Add 6 cups sugar; uncover and cook until sugar is dissolved. Increase heat to medium-high, and bring mixture to a boil. Cook until the mixture is thick and reduced to 5 cups (about 35 minutes), stirring occasionally.
- ☐ Remove from heat, and cool.

Nutrition Facts



Properties

Glycemic Index:3.44, Glycemic Load:21.22, Inflammation Score:-1, Nutrition Score:0.48913044450076%

Flavonoids

Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg Naringenin: 2.59mg, Naringenin: 2.59mg, Naringenin: 2.59mg, Naringenin: 2.59mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 122.54kcal (6.13%), Fat: 0.11g (0.17%), Saturated Fat: 0g (0.01%), Carbohydrates: 31.64g (10.55%), Net Carbohydrates: 31.46g (11.44%), Sugar: 31.35g (34.83%), Cholesterol: 0mg (0%), Sodium: 1.32mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.16%), Vitamin C: 3.74mg (4.53%), Vitamin A: 80.97IU (1.62%)