



Green Tomato-Blueberry Jam



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



1040 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 5 cups blueberries fresh stemmed
- ☐ 5.3 ounce premium fruit pectin
- ☐ 4 pounds tomatoes green coarsely chopped
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.3 cup juice of lemon
- ☐ 5 cups sugar
- ☐ 1.5 cups water

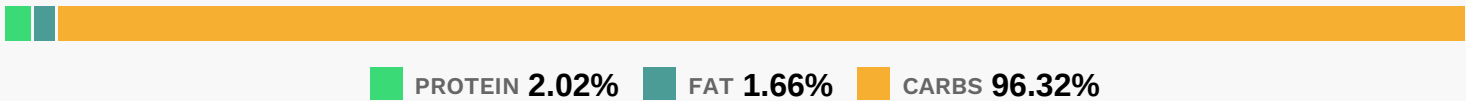
Equipment

- ☐ food processor
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Pulse blueberries and chopped tomato in a blender or food processor 3 or 4 times or until mixture is almost smooth.
- ☐ Cook blueberry mixture, 1 1/2 cups water, and sugar in a Dutch oven over medium heat, stirring constantly, until sugar dissolves.
- ☐ Stir in fruit pectin and remaining ingredients. Bring to a boil; cook, stirring constantly, 5 minutes or until mixture thickens.
- ☐ Pour hot mixture into hot jars, filling to 1/4 inch from top.
- ☐ Remove air bubbles; wipe jar rims. Cover at once with metal lids, and screw on bands.
- ☐ Process in boiling-water bath 10 minutes.
- ☐ * 5 cups frozen blueberries, thawed, may be substituted.
- ☐ Note: For testing purposes only, we used Sure-Jell Fruit Pectin.

Nutrition Facts



Properties

Glycemic Index:37.02, Glycemic Load:146.84, Inflammation Score:-9, Nutrition Score:22.973912778108%

Flavonoids

Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg

0.92mg, Epicatechin: 0.92mg Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg
Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.17mg, Naringenin:
0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg
Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 1.93mg, Myricetin:
1.93mg, Myricetin: 1.93mg, Myricetin: 1.93mg Quercetin: 11.4mg, Quercetin: 11.4mg, Quercetin: 11.4mg, Quercetin:
11.4mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 1040.27kcal (52.01%), Fat: 2.06g (3.16%), Saturated Fat: 0.22g (1.36%), Carbohydrates: 267.66g (89.22%),
Net Carbohydrates: 257.05g (93.47%), Sugar: 229.24g (254.71%), Cholesterol: 0mg (0%), Sodium: 113.97mg
(4.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.63g (11.25%), Vitamin C: 104.03mg (126.09%),
Vitamin K: 65.46µg (62.35%), Manganese: 1.04mg (51.8%), Vitamin A: 2413.76IU (48.28%), Fiber: 10.61g (42.43%),
Copper: 0.57mg (28.4%), Potassium: 877.02mg (25.06%), Vitamin B5: 2.05mg (20.49%), Vitamin B6: 0.38mg
(19.05%), Vitamin B1: 0.28mg (18.58%), Iron: 3.25mg (18.08%), Vitamin B2: 0.26mg (15.53%), Vitamin E: 2.26mg
(15.06%), Vitamin B3: 2.46mg (12.29%), Phosphorus: 121.87mg (12.19%), Magnesium: 47.75mg (11.94%), Folate:
44.48µg (11.12%), Calcium: 71.38mg (7.14%), Zinc: 0.68mg (4.55%), Selenium: 2.84µg (4.06%)