



## Green Tomato Jelly



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



100

CALORIES



41 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- 5 cups tomatoes green finely chopped
- 2 jalapeño peppers finely chopped
- 2 cups raspberries frozen
- 6 ounce raspberry-flavored gelatin mix (such as Jell-O®)
- 4 cups sugar white

## Equipment

- paper towels
- sauce pan

- knife
- pot
- blender
- spatula

## Directions

- Combine green tomatoes, sugar, raspberries, and jalapeno peppers together in a saucepan; cook and stir until sugar is dissolved and raspberries and tomatoes are broken down, about 15 minutes.
- Remove saucepan from heat and stir in gelatin mix until well blended.
- Pour tomato-raspberry mixture into a blender no more than half full. Cover and hold lid down; pulse a few times before leaving on to blend. Puree in batches until smooth.
- Sterilize the jars and lids in boiling water for at least 5 minutes. Pack tomato-raspberry mixture into hot, sterilized jars, filling to within 1/4-inch of the top. Run a knife or thin spatula around the insides of the jars after they have been filled to remove any air bubbles. Wipe the rims of the jars with a moist paper towel to remove any food residue. Top with lids and screw on rings.
- Place a rack in the bottom of a large stockpot and fill halfway with water. Bring to a boil and lower jars into the boiling water using a holder. Leave a 2-inch space between the jars.
- Pour in more boiling water if necessary to bring the water level to at least 1 inch above the tops of the jars. Bring the water to a rolling boil, cover the pot, and process for 10 minutes.
- Remove the jars from the stockpot and place onto a cloth-covered or wood surface, several inches apart, until cool. Press the top of each lid with a finger, ensuring that the seal is tight (lid does not move up or down at all). Store in a cool, dark area.

## Nutrition Facts

  **PROTEIN 2.55%**  **FAT 1.27%**  **CARBS 96.18%**

## Properties

Glycemic Index:1.28, Glycemic Load:5.62, Inflammation Score:-1, Nutrition Score:0.63478260811256%

## Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## **Nutrients (% of daily need)**

Calories: 40.68kcal (2.03%), Fat: 0.06g (0.09%), Saturated Fat: 0g (0.02%), Carbohydrates: 10.27g (3.42%), Net Carbohydrates: 10.01g (3.64%), Sugar: 9.93g (11.03%), Cholesterol: 0mg (0%), Sodium: 9.21mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.54%), Vitamin C: 3.07mg (3.72%), Manganese: 0.03mg (1.29%), Vitamin A: 61.59IU (1.23%), Vitamin K: 1.15µg (1.09%), Fiber: 0.26g (1.05%)