



Habanero Marmalade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



70

CALORIES



76 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1.8 ounces habanero chilies fresh (4 to 5)
- 6 oz liquid pectin
- 1.5 pounds bell peppers red
- 6.5 cups sugar
- 1.5 cups distilled vinegar white

Equipment

- frying pan
- ladle

- blender
- canning jar
- pot holder

Directions

- Place 7 clean canning jars (1-cup size), rings, and new lids in a 6- to 8-quart pan. Cover with water and bring to a boil over high heat.
- Remove from heat; leave in water until ready to use.
- Wearing rubber gloves, remove and discard stems and seeds from chilies.
- Cut off curved tops and bottoms from bell peppers; discard stems and save pieces.
- Cut off and discard white membranes; save seeds. Slice straight pepper sides into 1/8- by 2 1/2-inch strips.
- In a blender, whirl chilies, bell pepper tops and bottoms, and 1/2 cup vinegar until a smooth pure.
- In an 8- to 10-quart pan over high heat, bring chili pure, bell pepper seeds and slices, remaining 1 cup vinegar, and sugar to a full, rolling boil, stirring constantly, then boil for exactly 3 minutes.
- Add pectin to pan. Stirring constantly over high heat, return to a full, rolling boil, then boil for exactly 1 minute.
- Drain jars, rings, and lids. Ladle chili mixture into hot jars to within 1/8 inch of top. (
- Let any extra marmalade cool, then serve or chill airtight up to 2 weeks.) Wipe jar rims clean. Cover with hot rings and lids.
- Protecting hands with pot holders, invert filled jars on a towel for 5 minutes. Turn right side up. Every 5 minutes, turn jars over until marmalade has set and seeds are evenly distributed, 45 to 60 minutes.
- Let marmalade cool at least 2 more hours.
- Serve, or store up to 2 years.

Nutrition Facts

 PROTEIN 0.56%  FAT 1.06%  CARBS 98.38%

Properties

Glycemic Index:2.82, Glycemic Load:13.11, Inflammation Score:-3, Nutrition Score:1.4391303988902%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 75.56kcal (3.78%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 19.2g (6.4%), Net Carbohydrates: 18.93g (6.88%), Sugar: 18.98g (21.09%), Cholesterol: 0mg (0%), Sodium: 0.75mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.22%), Vitamin C: 13.46mg (16.31%), Vitamin A: 311.08IU (6.22%), Vitamin B6: 0.03mg (1.59%), Folate: 4.63µg (1.16%), Vitamin E: 0.16mg (1.06%), Fiber: 0.27g (1.06%)