



Hasty Habanero Jelly



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



85 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 40 oz apple jelly
- ☐ 1.5 ounces pepper flakes
- ☐ 1 cup rice vinegar
- ☐ 0.3 cup sugar

Equipment

- ☐ frying pan
- ☐ ladle

Directions

- ☐ Rinse chilies and cut off stem ends. Wearing gloves or holding chilies with a fork (do not touch with bare hands), cut chilies in half lengthwise. Slice out and discard veins and seeds.
- ☐ Cut chilies into 1/8- to 1/6-inch slivers.
- ☐ Put chilies, vinegar, and sugar in a 4- to 5-quart pan. Bring to a boil over high heat, stirring often, and boil until mixture is reduced to about 1/3 cup, about 7 minutes.
- ☐ Scrape jelly from jars into pan. Stirring often, boil until jelly melts. Ladle hot jelly back into the unwashed jars to within 1/4 inch of rims. Wipe rims clean and screw lids onto jars. (If there is a little extra jelly, pour into a small dish and cover when cool.)
- ☐ After 1 1/2 hours, gently shake jelly in jars to redistribute chili pieces if they have floated to the top. When jelly is cool, use or store in the refrigerator up to 3 months.

Nutrition Facts



Properties

Glycemic Index:5.5, Glycemic Load:11.48, Inflammation Score:-1, Nutrition Score:0.72260870071857%

Nutrients (% of daily need)

Calories: 85.2kcal (4.26%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0.02%), Carbohydrates: 20.87g (6.96%), Net Carbohydrates: 20.55g (7.47%), Sugar: 15.06g (16.73%), Cholesterol: 0mg (0%), Sodium: 9.31mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.25%), Vitamin C: 4.02mg (4.88%), Copper: 0.03mg (1.51%), Vitamin B2: 0.02mg (1.34%), Fiber: 0.33g (1.31%)