

How to Make Concord Grape Jelly



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



8

CALORIES



813 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 3.5 pounds concord grapes
- ☐ 6 fluid ounce liquid pectin
- ☐ 0.5 cup water
- ☐ 7 cups sugar white

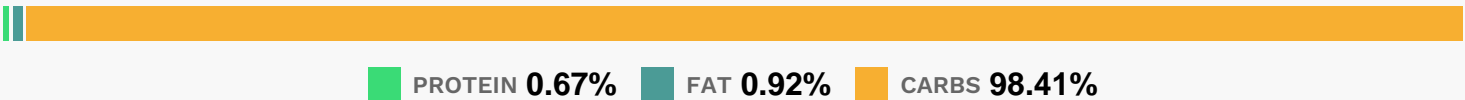
Equipment

- ☐ pot
- ☐ cheesecloth

Directions

- ☐ Sort and wash grapes, and remove stems.
- ☐ Place them into a large kettle and crush them.
- ☐ Add water, cover, and bring to a boil over high heat. Reduce heat to low, and simmer for 10 minutes.
- ☐ Remove from heat, and extract juice. Allow the juice to stand in a cool place overnight to prevent the formation of crystals in the jelly.
- ☐ Strain the juice through a double thickness of damp cheesecloth. Measure 4 cups of the juice into a large pot. Stir in the sugar. Quickly bring to a full rolling boil. Stir in pectin, and allow to boil hard for 1 minute.
- ☐ Remove from heat, and skim off foam.
- ☐ Pour into hot sterile jars, and process for 5 minutes in a boiling water bath.

Nutrition Facts



Properties

Glycemic Index:14.51, Glycemic Load:137.87, Inflammation Score:-1, Nutrition Score:5.6386956598448%

Nutrients (% of daily need)

Calories: 813.12kcal (40.66%), Fat: 0.88g (1.35%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 210.68g (70.23%), Net Carbohydrates: 208.43g (75.79%), Sugar: 205.41g (228.23%), Cholesterol: 0mg (0%), Sodium: 6.46mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.86%), Vitamin K: 28.97µg (27.59%), Copper: 0.27mg (13.33%), Potassium: 382.53mg (10.93%), Vitamin B2: 0.17mg (10.13%), Vitamin B1: 0.14mg (9.13%), Fiber: 2.25g (9.01%), Vitamin B6: 0.17mg (8.53%), Vitamin C: 6.35mg (7.7%), Manganese: 0.15mg (7.39%), Iron: 0.8mg (4.46%), Phosphorus: 39.69mg (3.97%), Magnesium: 14.04mg (3.51%), Vitamin A: 130.97IU (2.62%), Vitamin E: 0.38mg (2.51%), Calcium: 22.04mg (2.2%), Vitamin B3: 0.37mg (1.87%), Selenium: 1.25µg (1.78%), Zinc: 0.16mg (1.05%)