



How to Make Cranana Jam

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



40 min.

SERVINGS



10

CALORIES



595 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 cups bananas mashed
- 3 cups cranberries
- 1 teaspoon juice of lemon
- 6 fluid ounce liquid pectin
- 1.5 cups water
- 7 cups sugar white

Equipment

- paper towels

- sauce pan
- knife
- pot
- spatula

Directions

- In a large saucepan over medium heat combine cranberries and water; simmer for 10 minutes. Stir in mashed banana and sugar. Increase heat to medium-high; boil 1 minute. Stir in pectin and lemon juice.
- Sterilize the jars and lids in boiling water for at least 5 minutes. Pack the jam into the hot, sterilized jars, filling the jars to within 1/4 inch of the top. Run a knife or a 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 over high heat, then carefully lower the jars into the pot using a holder. Leave a 2 inch space between the jars.
- Pour in more boiling water if necessary until the water level is at least 1 inch above the tops of the jars. Bring the water to a full boil, cover the pot, and process for 10 minutes.

Nutrition Facts

■ PROTEIN **0.4%**
■ FAT **0.92%**
■ CARBS **98.68%**

Properties

Glycemic Index:16.99, Glycemic Load:103.85, Inflammation Score:-1, Nutrition Score:3.3399999815485%

Flavonoids

Cyanidin: 13.93mg, Cyanidin: 13.93mg, Cyanidin: 13.93mg, Cyanidin: 13.93mg Delphinidin: 2.3mg, Delphinidin: 2.3mg, Delphinidin: 2.3mg, Delphinidin: 2.3mg Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 14.75mg, Peonidin: 14.75mg, Peonidin: 14.75mg Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg

0.29mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 1.99mg, Myricetin: 1.99mg, Myricetin: 1.99mg, Myricetin: 1.99mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 594.91kcal (29.75%), Fat: 0.64g (0.98%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 153.71g (51.24%), Net Carbohydrates: 151.08g (54.94%), Sugar: 146.5g (162.78%), Cholesterol: 0mg (0%), Sodium: 4.23mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Manganese: 0.24mg (11.76%), Fiber: 2.62g (10.5%), Vitamin C: 8.31mg (10.07%), Vitamin B6: 0.18mg (9.12%), Potassium: 188.41mg (5.38%), Vitamin B2: 0.07mg (3.85%), Magnesium: 14.33mg (3.58%), Copper: 0.07mg (3.37%), Vitamin E: 0.44mg (2.95%), Vitamin B5: 0.24mg (2.39%), Folate: 9.4µg (2.35%), Selenium: 1.32µg (1.89%), Vitamin B3: 0.33mg (1.65%), Vitamin K: 1.73µg (1.64%), Iron: 0.26mg (1.42%), Phosphorus: 13.24mg (1.32%), Vitamin B1: 0.02mg (1.18%)