



How to Make Strawberry Freezer Jam

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



25 min.

SERVINGS



5

CALORIES



667 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1.8 ounce pectin dry
- 2 cups strawberries fresh crushed
- 4 cups sugar
- 0.8 cup water

Equipment

- sauce pan

Directions

- Mix crushed strawberries with sugar, and let stand for 10 minutes. Meanwhile, stir the pectin into the water in a small saucepan. Bring to a boil over medium–high heat, and boil for 1 minute. Stir the boiling water into the strawberries. Allow to stand for 3 minutes before pouring into jars or other storage containers.
- Place tops on the containers, and leave for 24 hours.
- Place into freezer, and store frozen until ready to use.

Nutrition Facts

PROTEIN 0.24% FAT 0.92% CARBS 98.84%

Properties

Glycemic Index:22.02, Glycemic Load:113.01, Inflammation Score:-1, Nutrition Score:3.9782608572556%

Flavonoids

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Nutrients (% of daily need)

Calories: 666.68kcal (33.33%), Fat: 0.71g (1.1%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 172.75g (57.58%), Net Carbohydrates: 170.75g (62.09%), Sugar: 162.5g (180.55%), Cholesterol: 0mg (0%), Sodium: 23.8mg (1.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.83%), Vitamin C: 33.87mg (41.05%), Manganese: 0.24mg (11.78%), Fiber: 2.01g (8.02%), Copper: 0.09mg (4.31%), Folate: 13.92µg (3.48%), Iron: 0.59mg (3.25%), Vitamin B2: 0.05mg (2.88%), Potassium: 92.02mg (2.63%), Magnesium: 7.94mg (1.99%), Selenium: 1.19µg (1.7%), Vitamin B6: 0.03mg (1.4%), Phosphorus: 14.02mg (1.4%), Calcium: 12.58mg (1.26%), Vitamin K: 1.27µg (1.21%), Vitamin

B3: 0.22mg (1.1%), Vitamin E: 0.17mg (1.1%)