



How to Make Wine Jelly

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



45 min.

SERVINGS



50

CALORIES



87 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup juice of lemon fresh
- ☐ 2 ounce pectin dry
- ☐ 4.5 cups sugar white
- ☐ 3.5 cups cooking wine

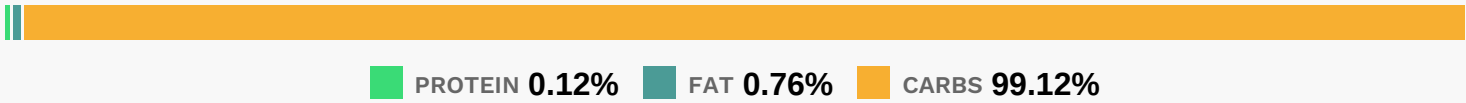
Equipment

- ☐ ladle
- ☐ pot

Directions

- ☐ Combine wine, lemon juice, and pectin in a large saucepot. Bring to a boil, stirring frequently.
- ☐ Add sugar, stirring until dissolved. Return to a rolling boil. Boil hard 1 minute, stirring constantly.
- ☐ Remove from heat. Skim foam off top, if necessary.
- ☐ Ladle hot jelly into hot, sterilized jars, leaving 1/2 inch headspace. Tighten 2 piece lids. Process for 5 minutes in boiling water bath.

Nutrition Facts



Properties

Glycemic Index:1.7, Glycemic Load:12.63, Inflammation Score:-1, Nutrition Score:0.31347825912678%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.35mg, Hesperetin: 0.35mg, Hesperetin: 0.35mg, Hesperetin: 0.35mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 87.47kcal (4.37%), Fat: 0.07g (0.1%), Saturated Fat: 0g (0.01%), Carbohydrates: 19.58g (6.53%), Net Carbohydrates: 19.47g (7.08%), Sugar: 18.16g (20.18%), Cholesterol: 0mg (0%), Sodium: 3.31mg (0.14%), Alcohol: 1.75g (100%), Alcohol %: 5.77% (100%), Protein: 0.02g (0.05%), Vitamin C: 0.94mg (1.14%), Manganese: 0.02mg (1.13%)