



Jalapeño Jam



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1440 min.

SERVINGS



7

CALORIES



737 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1.3 cups apple cider vinegar
- 3 ounces premium fruit pectin
- 6 cups granulated sugar
- 1 pound bell pepper green stemmed seeded roughly chopped
- 0.8 pound jalapeno (seeds removed for a more mild jam) stemmed
- 1 teaspoon kosher salt
- 0.3 cup juice of lemon freshly squeezed

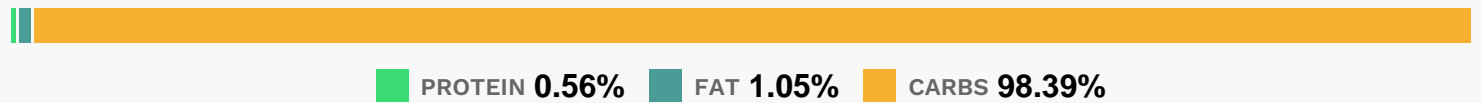
Equipment

- food processor
- bowl
- sauce pan
- ladle
- dutch oven

Directions

- Place jalapeño and green bell peppers in the workbowl of a food processor fitted with a steel blade. Pulse until peppers are finely chopped, scraping down sides of bowl as needed.
- Transfer peppers to a large saucepan or dutch oven.
- Stir in sugar, vinegar, lemon juice, and salt; bring to a boil over medium high heat. Reduce heat to medium-low and simmer for 10 minutes.
- Return heat to high and bring mixture to a rolling boil. Stir in pectin and boil for 1 minute, stirring constantly.
- Remove from heat.
- Ladle jam into 7 sterilized 8 oz jars, leaving 1/4-inch headspace. Cover and process jars in boiling hot water bath for 10 minutes.
- Remove from water and let cool for 24 hours. Store in a cool dark place. Refrigerate after opening.

Nutrition Facts



Properties

Glycemic Index:21.73, Glycemic Load:120.6, Inflammation Score:-7, Nutrition Score:10.425217384877%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 3.7mg, Luteolin: 3.7mg, Luteolin: 3.7mg, Luteolin: 3.7mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg

Nutrients (% of daily need)

Calories: 737.42kcal (36.87%), Fat: 0.9g (1.38%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 188.89g (62.96%), Net Carbohydrates: 185.36g (67.4%), Sugar: 175.03g (194.48%), Cholesterol: 0mg (0%), Sodium: 363.85mg (15.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.13%), Vitamin C: 113.11mg (137.1%), Vitamin B6: 0.35mg (17.7%), Vitamin A: 764.54IU (15.29%), Fiber: 3.53g (14.13%), Vitamin E: 1.99mg (13.28%), Vitamin K: 13.79µg (13.13%), Manganese: 0.25mg (12.49%), Potassium: 278.4mg (7.95%), Copper: 0.13mg (6.66%), Vitamin B2: 0.09mg (5.49%), Folate: 21.47µg (5.37%), Iron: 0.85mg (4.73%), Vitamin B3: 0.94mg (4.71%), Magnesium: 16.56mg (4.14%), Vitamin B1: 0.06mg (3.96%), Phosphorus: 29.95mg (2.99%), Vitamin B5: 0.24mg (2.42%), Calcium: 18.59mg (1.86%), Selenium: 1.28µg (1.82%), Zinc: 0.25mg (1.66%)