



Jumbleberry jam



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



27 min.

SERVINGS



40

CALORIES



218 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 kg poached berries mixed halved (we used 1kg strawberries, 500g blackberries and 500g currants)
- ☐ 2 juice of lemon
- ☐ 2 kg jam sugar with pectin

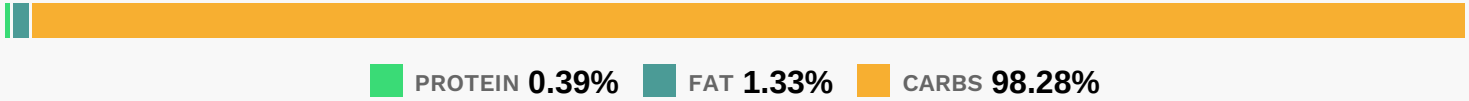
Equipment

- ☐ frying pan
- ☐ wooden spoon

Directions

- ☐ Before you start, sterilise your jars and put a plate in the freezer to chill.
- ☐ Tip the berries, lemon juice and sugar into a preserving pan. Gently heat, stirring occasionally with a wooden spoon, until the sugar has melted and fruits are juicy.
- ☐ Bring to the boil and boil rapidly for 5 mins.
- ☐ Remove from the heat and drop a little of the mixture onto the chilled plate. Push your finger through it; it should wrinkle and have set like jam. If it doesnt, boil for 2 mins more, then test again and, if necessary, keep repeating until its ready.
- ☐ The top of the jam may look like it has sediment on it, but if you stir it well as it cools, it should disappear. Allow to cool and settle for 10–15 mins before ladling into sterilised jars and sealing. The jam will keep unopened for 1 year but, once opened, store in the fridge.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.3873913051642%

Flavonoids

Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg Petunidin: 9.08mg, Petunidin: 9.08mg, Petunidin: 9.08mg, Petunidin: 9.08mg Delphinidin: 10.8mg, Delphinidin: 10.8mg, Delphinidin: 10.8mg, Delphinidin: 10.8mg Malvidin: 24.83mg, Malvidin: 24.83mg, Malvidin: 24.83mg, Malvidin: 24.83mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 218.33kcal (10.92%), Fat: 0.32g (0.5%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 53.95g (17.98%), Net Carbohydrates: 52.6g (19.13%), Sugar: 52.01g (57.79%), Cholesterol: 0mg (0%), Sodium: 0.51mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.43%), Vitamin K: 8.2µg (7.81%), Fiber: 1.35g (5.42%), Manganese: 0.07mg (3.68%), Vitamin C: 1.83mg (2.22%), Vitamin E: 0.24mg (1.62%), Vitamin B6: 0.03mg (1.51%), Vitamin B3:

0.26mg (1.31%), Vitamin B2: 0.02mg (1.1%), Vitamin B1: 0.02mg (1.09%)