



## Kiwi Jam

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



760 min.

SERVINGS



5

CALORIES



948 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- 3 apples unpeeled halved
- 24 kiwis peeled mashed
- 0.3 cup juice of lemon fresh
- 0.8 cup pineapple juice
- 4 cups sugar white

## Equipment

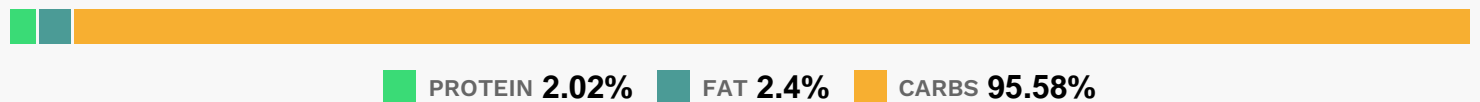
- paper towels
- sauce pan

- knife
- pot
- spatula

## Directions

- In a large saucepan, combine 3 cups mashed kiwi, pineapple juice, lemon juice and apples. Bring to a boil and then add the sugar; stir to dissolve, reduce heat and simmer for 30 minutes.
- 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



## Properties

Glycemic Index:40.15, Glycemic Load:143.05, Inflammation Score:-9, Nutrition Score:24.476087031157%

## Flavonoids

Cyanidin: 1.71mg, Cyanidin: 1.71mg, Cyanidin: 1.71mg, Cyanidin: 1.71mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 9.4mg, Epicatechin: 9.4mg, Epicatechin: 9.4mg, Epicatechin: 9.4mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 3.36mg, Luteolin: 3.36mg, Luteolin: 3.36mg, Luteolin: 3.36mg Kaempferol:

4.65mg, Kaempferol: 4.65mg, Kaempferol: 4.65mg, Kaempferol: 4.65mg Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg

## **Nutrients (% of daily need)**

Calories: 947.57kcal (47.38%), Fat: 2.69g (4.14%), Saturated Fat: 0.17g (1.03%), Carbohydrates: 240.98g (80.33%), Net Carbohydrates: 225.15g (81.87%), Sugar: 214.15g (237.94%), Cholesterol: 0mg (0%), Sodium: 25.36mg (1.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.17%), Vitamin C: 339.57mg (411.61%), Vitamin K: 178.54µg (170.04%), Fiber: 15.83g (63.33%), Vitamin E: 5.9mg (39.34%), Manganese: 0.65mg (32.63%), Copper: 0.65mg (32.62%), Folate: 125.66µg (31.41%), Potassium: 1043.49mg (29.81%), Magnesium: 80.33mg (20.08%), Vitamin B6: 0.35mg (17.61%), Calcium: 166.37mg (16.64%), Phosphorus: 164.33mg (16.43%), Vitamin B1: 0.16mg (10.66%), Vitamin B2: 0.18mg (10.43%), Vitamin B5: 0.9mg (9.02%), Vitamin B3: 1.8mg (8.99%), Vitamin A: 441.49IU (8.83%), Iron: 1.38mg (7.66%), Zinc: 0.72mg (4.77%), Selenium: 1.88µg (2.69%)