



Lemon Ginger Marmalade



Vegetarian



Gluten Free



Low Fod Map

READY IN



120 min.

SERVINGS



5

CALORIES



747 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup candied ginger finely chopped
- ☐ 0.5 cup ginger fresh grated
- ☐ 4 cups granulated sugar
- ☐ 6 medium optional: lemon juicy
- ☐ 1.8 ounce powdered sugar such as sure jell
- ☐ 0.3 teaspoon butter unsalted

Equipment

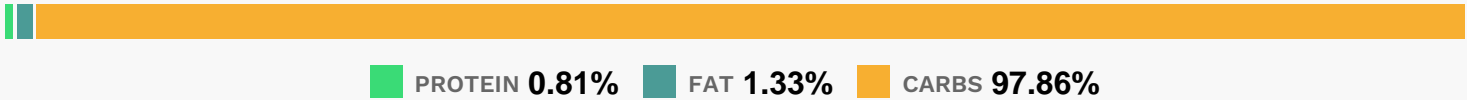
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ knife
- ☐ pot
- ☐ peeler

Directions

- ☐ If you are going to preserve the marmalade, prepare the jars and lids: place 8 half-pint jars on a rack in a large pot.
- ☐ Add enough water to cover the jars, and bring to boil over high heat. Boil for 10 minutes, then turn off the heat and allow the jars to rest in the hot water. Meanwhile, put the bands and lids in a small saucepan and cover with water.
- ☐ Heat over medium heat until the water is simmering, then remove pan from the heat and allow the bands and lids to rest in the hot water until ready to use.
- ☐ Using a vegetable peeler, remove the zest from the lemons in strips.
- ☐ Cut the strips lengthwise into very thin slices.
- ☐ Transfer the strips to a large, heavy-bottomed pot and add 2 1/2 cups of water. Bring to a boil, then reduce the heat and simmer until the peels have softened, about 5 minutes.
- ☐ Meanwhile, using a sharp knife, cut the remaining pith (white part) from the lemons. Working over a bowl to catch the juices, cut the lemon into segments.
- ☐ Put the segments in the bowl and squeeze the membrane to release as much juice as possible.
- ☐ Measure one cup of the lemon segments and juices (removing any seeds) and add it to the pot with the lemon zest along with the fresh ginger and the butter.
- ☐ Sprinkle the pectin over the mixture and bring it to a boil, stirring constantly.
- ☐ Add the sugar all at once. Return to full boil, stirring constantly. Boil hard for one minute.
- ☐ Remove the pot from the heat and stir in the crystallized ginger. Skim any foam from the surface of the marmalade.

- ☐
- Ladle the hot marmalade into the hot sterilized jars, leaving 1/4-inch headspace. Wipe therims of the jars, cover with the lids, and screw the bands on until just barely tight.
- ☐
- Place the jars on a rack in a pot and cover completely with water. Cover the pot and bring to a boil over high heat. Boil for 10 minutes. Turn off the heat, uncover the pot, and allow the jars to rest in the water for five minutes.
- ☐
- Remove the jars from the pot and allow them to rest undisturbed on a countertop for six hours or overnight.

Nutrition Facts



Properties

Glycemic Index:22.12, Glycemic Load:114.08, Inflammation Score:-4, Nutrition Score:6.691304160444%

Flavonoids

Eriodictyol: 27.68mg, Eriodictyol: 27.68mg, Eriodictyol: 27.68mg, Eriodictyol: 27.68mg Hesperetin: 36.16mg, Hesperetin: 36.16mg, Hesperetin: 36.16mg, Hesperetin: 36.16mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Luteolin: 2.46mg, Luteolin: 2.46mg, Luteolin: 2.46mg, Luteolin: 2.46mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 746.62kcal (37.33%), Fat: 1.18g (1.81%), Saturated Fat: 0.2g (1.24%), Carbohydrates: 194.08g (64.69%), Net Carbohydrates: 190.26g (69.18%), Sugar: 183.39g (203.77%), Cholesterol: 0.54mg (0.18%), Sodium: 117.23mg (5.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.2%), Vitamin C: 69.17mg (83.84%), Fiber: 3.82g (15.28%), Potassium: 222.15mg (6.35%), Vitamin B6: 0.12mg (5.95%), Iron: 0.92mg (5.12%), Copper: 0.08mg (4.08%), Folate: 15.32µg (3.83%), Calcium: 36.99mg (3.7%), Magnesium: 14.5mg (3.63%), Vitamin B2: 0.06mg (3.62%), Vitamin B1: 0.05mg (3.62%), Manganese: 0.07mg (3.38%), Vitamin B5: 0.27mg (2.66%), Phosphorus: 24.06mg (2.41%), Selenium: 1.61µg (2.3%), Vitamin E: 0.23mg (1.5%), Vitamin B3: 0.2mg (1.01%)