



Low Sugar / No Sugar Strawberry Jam



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



43 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup fruit cocktail in juice unsweetened thawed
- ☐ 0.5 cup granulated sugar or less, depending on taste
- ☐ 8 oz half-pint jars with lids and bands ball® kerr®
- ☐ 1.3 cups strawberries crushed wash, hull, then crush one layer at a time using potato masher
- ☐ 1.5 tablespoons no-sugar needed pectin ball®

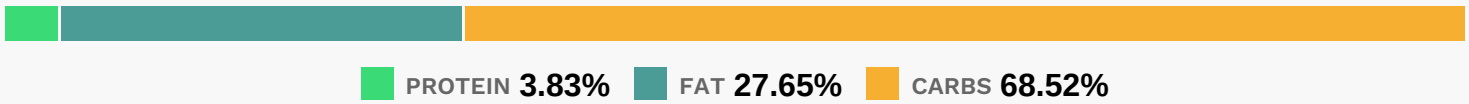
Equipment

- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Prepare waterbath canner, jars and lids according to manufacturers instructions, if preserving. Prepare and measure ingredients for recipe.
- ☐ Combine prepared fruit with fruit juice in a large saucepan. Gradually stir in Ball® Real
- ☐ Fruit™ Low or No-Sugar Needed Pectin
- ☐ Add sugar, sugar substitute or honey, if using. Return mixture to a full rolling boil. Boil hard 1 minute, stirring constantly.
- ☐ Remove from heat. Skim foam if necessary.
- ☐ Ladle hot jam into hot jars, one at a time, leaving 1/4 inch headspace. Wipe rims. Center lids on jars. Apply bands and adjust to fingertip tight.
- ☐ Place filled jars in canner ensuring jars are covered by 1 to 2 inches of water.
- ☐ Place lid on canner. Bring water to gentle, steady boil.
- ☐ Process jars for 10 minutes, adjusting for altitude*. Turn off heat, remove lid and let jars stand for 5 minutes.
- ☐ Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed. Clean and store according to manufacturers instructions.

Nutrition Facts



Properties

Glycemic Index:11.05, Glycemic Load:4.52, Inflammation Score:-1, Nutrition Score:0.94173913934956%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 42.54kcal (2.13%), Fat: 1.36g (2.09%), Saturated Fat: 0.8g (5%), Carbohydrates: 7.57g (2.52%), Net Carbohydrates: 7.37g (2.68%), Sugar: 7.22g (8.03%), Cholesterol: 3.97mg (1.32%), Sodium: 7.24mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.85%), Vitamin C: 5.78mg (7.01%), Manganese: 0.04mg (2.02%), Vitamin B2: 0.03mg (1.53%), Calcium: 14.06mg (1.41%), Phosphorus: 13.37mg (1.34%)