



Mango-Chili Jam



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



493 kcal

CONDIMENT

DIP

SPREAD

Ingredients



6 oz jalapeño chilies fresh green red



0.8 cup juice of lemon



6 cups mangoes ripe peeled coarsely chopped



1.8 oz pectin dry for lower-sugar recipes



4 cups sugar

Equipment



frying pan



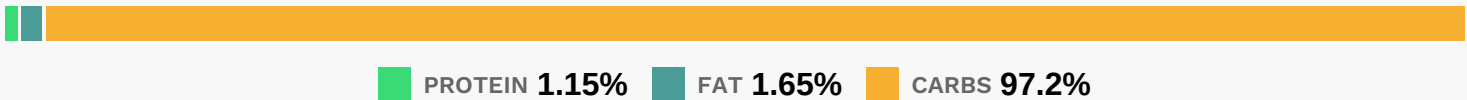
baking sheet

- ☐ ladle
- ☐ canning jar

Directions

- ☐ Place chilies on a small baking sheet and broil 3 to 4 inches from heat, turning as needed, until chilies are charred and blistered all over, 10 to 12 minutes. Cool.
- ☐ Remove and discard skin, stems, and seeds. Coarsely chop chilies.
- ☐ In a 6- to 8-quart pan, combine mangoes, chilies, and lemon juice.
- ☐ Mix pectin with 1/4 cup sugar. Stir into mangoes. Stirring, bring to a rolling boil over high heat.
- ☐ Add remaining 3 3/4 cups sugar and stir until mixture returns to rolling boil. Stir and boil exactly 1 minute longer.
- ☐ Remove from heat.
- ☐ Ladle into clean canning jars to within 1/8 inch of top. Wipe jar rims. Set clean, flat lids on top. Screw on bands. Invert jars for 5 minutes, then turn upright.
- ☐ Let cool at least 24 hours. Check seals by pressing firmly on centers of the lids. If a lid pops back, it's not sealed; store it in refrigerator.

Nutrition Facts



Properties

Glycemic Index:20.86, Glycemic Load:79.09, Inflammation Score:-8, Nutrition Score:10.762608797654%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg Hesperetin: 3.31mg, Hesperetin: 3.31mg, Hesperetin: 3.31mg, Hesperetin: 3.31mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 492.94kcal (24.65%), Fat: 0.96g (1.47%), Saturated Fat: 0.14g (0.84%), Carbohydrates: 127.22g (42.41%), Net Carbohydrates: 124.32g (45.21%), Sugar: 118.46g (131.62%), Cholesterol: 0mg (0%), Sodium: 16.78mg (0.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.02%), Vitamin C: 84.45mg (102.37%), Vitamin A: 1542.95IU (30.86%), Folate: 62.74µg (15.68%), Vitamin B6: 0.27mg (13.3%), Fiber: 2.9g (11.6%), Copper: 0.2mg (10.07%), Potassium: 302.36mg (8.64%), Vitamin E: 1.29mg (8.63%), Vitamin K: 8.17µg (7.78%), Manganese: 0.13mg (6.44%), Vitamin B3: 1.11mg (5.57%), Vitamin B2: 0.09mg (5.38%), Magnesium: 18.7mg (4.67%), Vitamin B1: 0.06mg (3.73%), Iron: 0.65mg (3.63%), Vitamin B5: 0.32mg (3.23%), Phosphorus: 28.42mg (2.84%), Selenium: 1.47µg (2.1%), Calcium: 19.4mg (1.94%), Zinc: 0.22mg (1.45%)