



Mary Wynne's Crabapple Jelly



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



578 kcal

CONDIMENT

DIP

SPREAD

Ingredients



4 servings water as needed



3 cups sugar white

Equipment



frying pan



sauce pan



pot



cheesecloth

Directions

- ☐ Remove stems and blossom ends from crabapples, and cut into quarters.
- ☐ Place them in a large stainless steel or other non-reactive pot or saucepan.
- ☐ Add enough water to be able to see, but no so much that the crabapples are floating. Bring to a boil, reduce heat to medium, and let simmer for 10 to 15 minutes. The apples should soften and change color.
- ☐ Strain the apples and juice through 2 or 3 layers of cheese cloth. You should have at least 4 cups of juice. Discard pulp, and pour the juice back into the pan. Bring to a simmer, and let cook for 10 minutes. Skim off any foam that comes to the top. Next, stir in the sugar until completely dissolved. Continue cooking at a low boil until the temperature reaches 220 to 222 degrees F (108 to 110 C).
- ☐ Remove from heat.
- ☐ Pour the jelly into sterile small decorative jars leaving 1/4 inch headspace. Process in a hot water bath to seal.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:104.72, Inflammation Score:1, Nutrition Score:0.34391304202702%

Nutrients (% of daily need)

Calories: 577.5kcal (28.88%), Fat: 0.48g (0.74%), Saturated Fat: 0g (0%), Carbohydrates: 149.4g (49.8%), Net Carbohydrates: 149.4g (54.33%), Sugar: 149.7g (166.33%), Cholesterol: 0mg (0%), Sodium: 13.33mg (0.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%), Copper: 0.05mg (2.42%), Vitamin B2: 0.03mg (1.68%), Selenium: 0.9µg (1.29%)