



Meyer Lemon-Blood Orange Marmalade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN

ready

45 min.

SERVINGS

servings

70

CALORIES

calories

72 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 8 pounds blood oranges
- ☐ 0.5 pound meyer lemons
- ☐ 1.8 oz low-sugar powdered pectin
- ☐ 4 cups sugar

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

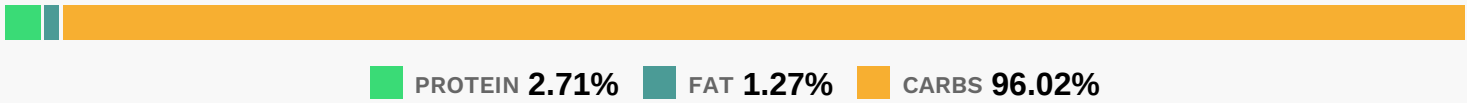
- ☐ ladle
- ☐ knife
- ☐ sieve
- ☐ blender
- ☐ peeler
- ☐ canning jar
- ☐ pot holder

Directions

- ☐ Rinse lemons and oranges. Using a vegetable peeler, cut colored part only from 2 of the lemons and 4 of the oranges. Finely chop peel. Put 2 tablespoons lemon peel, 6 tablespoons orange peel, and 1 cup water in a 6- to 8-quart pan; discard remaining peel.
- ☐ With a sharp knife, cut and discard remaining peel and membrane from the lemons and 10 of the oranges.
- ☐ Cut fruit into chunks, discarding seeds.
- ☐ In a blender or food processor, whirl lemons, then oranges, a portion at a time, until you have 2 cups that are smoothly pured.
- ☐ Pour pure into pan.
- ☐ Whirl remaining fruit, rub juice through a strainer into a bowl, and measure. Squeeze enough juice from remaining oranges to make a total of 4 cups; add juice to pan.
- ☐ Place pan over high heat and bring to a boil, stirring often. Continue to boil, stirring often, until reduced to 5 cups, about 8 minutes.
- ☐ In a small bowl, mix pectin and 1/4 cup sugar.
- ☐ Add pectin mixture to pan. Stir over high heat until mixture returns to a rolling boil.
- ☐ Add remaining sugar and stir until mixture returns to a rolling boil. Stir and boil exactly 1 minute.
- ☐ Remove from heat.
- ☐ At once, ladle marmalade mixture into clean canning jars (1-cup size) to within 1/8 inch of top. Wipe jar rims clean. Set a new flat canning lid on each jar. Screw on bands.
- ☐ Protecting hands with pot holders, invert filled jars on a towel for 5 minutes, then turn lid side up.

Let marmalade 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 unsealed marmalade in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:1.97, Glycemic Load:10.1, Inflammation Score:-3, Nutrition Score:2.8869564455488%

Flavonoids

Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 15.03mg, Hesperetin: 15.03mg, Hesperetin: 15.03mg, Hesperetin: 15.03mg Naringenin: 7.96mg, Naringenin: 7.96mg, Naringenin: 7.96mg, Naringenin: 7.96mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 72.06kcal (3.6%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 18.51g (6.17%), Net Carbohydrates: 17.17g (6.25%), Sugar: 17.03g (18.92%), Cholesterol: 0mg (0%), Sodium: 0.19mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.05%), Vitamin C: 29.3mg (35.51%), Fiber: 1.33g (5.34%), Folate: 15.91µg (3.98%), Vitamin B1: 0.05mg (3.09%), Potassium: 98.54mg (2.82%), Vitamin A: 117.35IU (2.35%), Calcium: 21.7mg (2.17%), Vitamin B6: 0.03mg (1.68%), Vitamin B2: 0.02mg (1.39%), Vitamin B5: 0.14mg (1.36%), Magnesium: 5.44mg (1.36%), Copper: 0.03mg (1.27%)