



Mixed Berry and Thyme Jam



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



6

CALORIES



210 kcal

CONDIMENT

DIP

SPREAD

Ingredients



2 cups blueberries



2.5 tablespoons thyme leaves fresh chopped



2 tablespoons juice of lemon fresh



1 cup maple syrup pure



2 tablespoons orange juice fresh



4 cups strawberries hulled quartered

Equipment



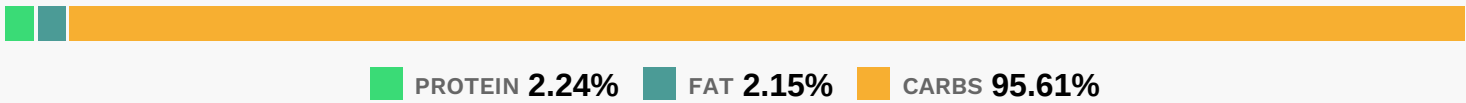
sauce pan

☐ potato masher

Directions

- ☐ Place the berries in a medium saucepan. Using a potato masher, lightly mash the berries.
- ☐ Add the maple syrup, lemon juice, orange juice, and thyme. Bring the mixture to a simmer and cook, stirring occasionally, until thick, 50 to 55 minutes. Cool to room temperature, about 1 1/2 hours (the jam will continue to thicken as it cools). Refrigerate in an air-tight container for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:35.58, Glycemic Load:18.21, Inflammation Score:-10, Nutrition Score:13.997391426045%

Flavonoids

Cyanidin: 5.79mg, Cyanidin: 5.79mg, Cyanidin: 5.79mg, Cyanidin: 5.79mg Petunidin: 15.66mg, Petunidin: 15.66mg, Petunidin: 15.66mg, Petunidin: 15.66mg Delphinidin: 17.78mg, Delphinidin: 17.78mg, Delphinidin: 17.78mg, Delphinidin: 17.78mg Malvidin: 33.35mg, Malvidin: 33.35mg, Malvidin: 33.35mg, Malvidin: 33.35mg Pelargonidin: 23.86mg, Pelargonidin: 23.86mg, Pelargonidin: 23.86mg, Pelargonidin: 23.86mg Peonidin: 10.06mg, Peonidin: 10.06mg, Peonidin: 10.06mg, Peonidin: 10.06mg Catechin: 5.6mg, Catechin: 5.6mg, Catechin: 5.6mg, Catechin: 5.6mg Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.4mg, Hesperetin: 1.4mg, Hesperetin: 1.4mg, Hesperetin: 1.4mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 210.34kcal (10.52%), Fat: 0.52g (0.8%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 52.33g (17.44%), Net Carbohydrates: 48.8g (17.74%), Sugar: 42.37g (47.07%), Cholesterol: 0mg (0%), Sodium: 6.65mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.46%), Manganese: 1.82mg (91.11%), Vitamin C: 70.67mg

(85.66%), Vitamin B2: 0.74mg (43.48%), Fiber: 3.54g (14.15%), Vitamin K: 11.64µg (11.08%), Potassium: 339.86mg (9.71%), Calcium: 89.55mg (8.96%), Magnesium: 32.3mg (8.07%), Folate: 30.01µg (7.5%), Iron: 1.12mg (6.19%), Vitamin B1: 0.08mg (5.63%), Copper: 0.09mg (4.68%), Zinc: 0.65mg (4.31%), Vitamin B6: 0.09mg (4.27%), Vitamin E: 0.57mg (3.8%), Vitamin A: 188.36IU (3.77%), Vitamin B3: 0.7mg (3.5%), Phosphorus: 33.42mg (3.34%), Vitamin B5: 0.21mg (2.1%)