

Mixed Berry Jam



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



5

CALORIES



694 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 3 ounces premium fruit pectin
- 1 tablespoon juice of lemon
- 0.5 teaspoon lemon zest grated
- 1 cup raspberries whole crushed (1 pint berries)
- 1 cup strawberries whole crushed (1 pint berries)
- 4 cups sugar

Equipment

- bowl

Directions

- Mix berries and sugar in large glass or plastic bowl.
- Let stand at room temperature about 10 minutes, stirring occasionally, until sugar is dissolved.
- Mix in lemon peel, lemon juice and pectin. Stir 3 to 5 minutes or until slightly thickened.
- Spoon mixture into freezer containers, leaving 1/2-inch headspace. Seal immediately.
- Let stand at room temperature until set, about 24 hours. Refrigerate up to 3 weeks, or freeze up to 1 year (thaw in refrigerator or at room temperature before serving). Use as a spread or in desserts.

Nutrition Facts

PROTEIN 0.3% **FAT 1%** **CARBS 98.7%**

Properties

Glycemic Index:27.22, Glycemic Load:112.69, Inflammation Score:-1, Nutrition Score:4.2086956960999%

Flavonoids

Cyanidin: 11.47mg, Cyanidin: 11.47mg, Cyanidin: 11.47mg, Cyanidin: 11.47mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 7.39mg, Pelargonidin: 7.39mg, Pelargonidin: 7.39mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 693.73kcal (34.69%), Fat: 0.81g (1.25%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 180.04g (60.01%), Net Carbohydrates: 176.41g (64.15%), Sugar: 162.23g (180.26%), Cholesterol: 0mg (0%), Sodium: 36.19mg (1.57%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.09%), Vitamin C: 24.64mg (29.87%), Manganese: 0.29mg (14.53%), Fiber: 3.63g (14.52%), Copper: 0.12mg (5.94%), Iron: 0.83mg (4.6%), Vitamin B2: 0.06mg (3.33%), Folate: 12.75µg (3.19%), Potassium: 88.1mg (2.52%), Vitamin K: 2.51µg (2.39%), Magnesium: 9.4mg (2.35%), Vitamin E: 0.3mg (1.98%), Selenium: 1.13µg (1.61%), Zinc: 0.24mg (1.59%), Vitamin B6: 0.03mg (1.51%), Phosphorus: 14.48mg (1.45%), Vitamin B5: 0.14mg (1.38%), Calcium: 13.85mg (1.38%), Vitamin B3: 0.26mg (1.3%), Vitamin B1: 0.02mg (1.12%)