



Mixed-Berry Jam

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



35

CALORIES



45 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 pound blueberries mixed
- 0.5 optional: lemon seeded
- 1 pound strawberries hulled quartered
- 1.5 cups sugar

Equipment

- sauce pan

Directions

- In a large, nonreactive saucepan, toss the strawberries with the sugar and let stand, stirring occasionally, until the sugar is mostly dissolved, about 1 hour.
- Squeeze the lemon over the strawberries, add it to the saucepan and bring to a boil, stirring until the sugar is dissolved. Cook over moderately high heat, stirring, until the strawberries are just softened, 5 minutes.
- Add the mixed berries and cook over moderate heat until the liquid runs off the side of a spoon in thick, heavy drops, 20 to 25 minutes. Skim off any scum that rises to the surface of the jam.
- Discard the lemon and spoon the mixed-berry jam into three 1/2-pint jars, leaving about 1/4 inch of space at the top. Close the jars and let the jam cool to room temperature. Store the jam in the refrigerator for up to 3 months.

Nutrition Facts

 **PROTEIN 1.66%**  **FAT 2.13%**  **CARBS 96.21%**

Properties

Glycemic Index:5.02, Glycemic Load:6.93, Inflammation Score:-1, Nutrition Score:1.321739124863%

Flavonoids

Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg Petunidin: 4.1mg, Petunidin: 4.1mg, Petunidin: 4.1mg, Petunidin: 4.1mg Delphinidin: 4.63mg, Delphinidin: 4.63mg, Delphinidin: 4.63mg, Delphinidin: 4.63mg Malvidin: 8.76mg, Malvidin: 8.76mg, Malvidin: 8.76mg, Malvidin: 8.76mg Pelargonidin: 3.22mg, Pelargonidin: 3.22mg, Pelargonidin: 3.22mg, Pelargonidin: 3.22mg Peonidin: 2.64mg, Peonidin: 2.64mg, Peonidin: 2.64mg, Peonidin: 2.64mg Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 44.98kcal (2.25%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 11.56g (3.85%), Net Carbohydrates: 10.94g (3.98%), Sugar: 10.52g (11.69%), Cholesterol: 0mg (0%), Sodium: 0.38mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.4%), Vitamin C: 9.7mg (11.75%), Manganese: 0.09mg (4.72%), Vitamin K: 2.79µg (2.65%), Fiber: 0.61g (2.45%), Folate: 4.06µg (1.01%)