



Mixed Citrus Marmalade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



89 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.1 teaspoon kosher salt
- ☐ 1 optional: lemon
- ☐ 2 large thin-skinned oranges
- ☐ 2 pounds grapefruit red
- ☐ 2 cups sugar
- ☐ 2 cups water

Equipment

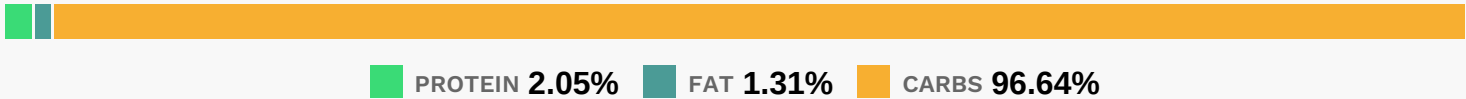
- ☐ sauce pan

☐ peeler

Directions

- ☐ Carefully remove rind from fruit using a vegetable peeler; discard white pith.
- ☐ Cut rind from 1 orange, 1 grapefruit, and lemon into 1 x 1/4-inch strips. Section fruit; cut into 1-inch pieces. Discard seeds; reserve juice.
- ☐ Combine all ingredients in a large saucepan; bring to a boil. Reduce heat, and simmer 1 hour or until thick, stirring occasionally. Cool.
- ☐ Pour into airtight containers.
- ☐ Note: Store marmalade in the refrigerator for up to three weeks.

Nutrition Facts



Properties

Glycemic Index:6.8, Glycemic Load:13.18, Inflammation Score:-4, Nutrition Score:2.629565189714%

Flavonoids

Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 5.57mg, Hesperetin: 5.57mg, Hesperetin: 5.57mg, Hesperetin: 5.57mg Naringenin: 14.71mg, Naringenin: 14.71mg, Naringenin: 14.71mg, Naringenin: 14.71mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 88.55kcal (4.43%), Fat: 0.14g (0.21%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 22.87g (7.62%), Net Carbohydrates: 21.77g (7.92%), Sugar: 20.78g (23.09%), Cholesterol: 0mg (0%), Sodium: 13.35mg (0.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.97%), Vitamin C: 22.34mg (27.07%), Vitamin A: 470.18IU (9.4%), Fiber: 1.1g (4.4%), Folate: 10.01µg (2.5%), Potassium: 85.33mg (2.44%), Vitamin B1: 0.03mg (2.09%), Calcium: 16.38mg (1.64%), Vitamin B6: 0.03mg (1.64%), Vitamin B5: 0.15mg (1.46%), Magnesium: 5.49mg (1.37%), Vitamin B2: 0.02mg (1.29%), Copper: 0.03mg (1.25%)