



Mock Strawberry Jam

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



290 min.

SERVINGS



60

CALORIES



77 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 3 tablespoons juice of lemon
- 6 ounce strawberry jell-o flavored
- 5 cups sugar white
- 5 cups zucchini shredded peeled

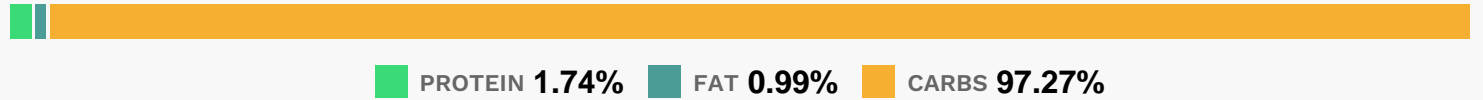
Equipment

- ladle
- pot
- canning jar

Directions

- Stir the zucchini and sugar together in a large pot over medium heat until the sugar has dissolved and the mixture begins to boil, about 10 minutes. Stir in the lemon juice and gelatin, and continue simmering 5 minutes more, stirring constantly.
- Ladle the hot jam into 6 hot, sterilized half-pint canning jars leaving 1/4 inch headspace. Wipe the rim and jar threads with a clean, damp cloth. Center lid on jar and screw the ring down firmly.
- Place into a boiling water canner covered by 2 inches of boiling water. Process for 10 minutes.
- Remove from the canner, and allow to cool to room temperature, and refrigerate any jars that do not seal.

Nutrition Facts



Properties

Glycemic Index:1.42, Glycemic Load:11.67, Inflammation Score:-1, Nutrition Score:0.51434782341771%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 76.89kcal (3.84%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 19.54g (6.51%), Net Carbohydrates: 19.43g (7.07%), Sugar: 19.35g (21.5%), Cholesterol: 0mg (0%), Sodium: 14.21mg (0.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.7%), Vitamin C: 2.14mg (2.59%)