



## Monkey Banana Jam

 Vegetarian  Gluten Free  Low Fod Map

READY IN



185 min.

SERVINGS



3

CALORIES



1013 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 3.5 cups banana mashed
- 6 half pint canning jars with lids and rings
- 6 tablespoons juice of lemon fresh
- 1 cup water
- 3 cups sugar white

### Equipment

- sauce pan

## Directions

- Combine the sugar and water in a saucepan; bring to a boil, and boil for 10 minutes. Stir in the lemon juice, mashed banana, and cloves. Reduce heat to low; simmer, stirring frequently, until the mixture thickens, about 45 minutes. Strain to remove cloves.
- Divide the jam between the jars, screw on lids, and refrigerate.

## Nutrition Facts

**PROTEIN 1.13%** **FAT 1.52%** **CARBS 97.35%**

## Properties

Glycemic Index:41.62, Glycemic Load:168.67, Inflammation Score:-5, Nutrition Score:12.763913001541%

## Flavonoids

Catechin: 16.01mg, Catechin: 16.01mg, Catechin: 16.01mg, Catechin: 16.01mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 1012.84kcal (50.64%), Fat: 1.81g (2.78%), Saturated Fat: 0.45g (2.79%), Carbohydrates: 261.21g (87.07%), Net Carbohydrates: 254.29g (92.47%), Sugar: 232.46g (258.29%), Cholesterol: 0.7mg (0.23%), Sodium: 10.09mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.06%), Vitamin B6: 0.98mg (48.91%), Vitamin C: 34.47mg (41.78%), Manganese: 0.72mg (36.02%), Potassium: 977.29mg (27.92%), Fiber: 6.91g (27.66%), Magnesium: 73.66mg (18.42%), Folate: 58.56µg (14.64%), Vitamin B2: 0.24mg (14%), Copper: 0.24mg (11.82%), Vitamin B5: 0.92mg (9.22%), Vitamin B3: 1.78mg (8.88%), Phosphorus: 62.05mg (6.21%), Vitamin B1: 0.09mg (5.95%), Selenium: 3.92µg (5.6%), Iron: 0.81mg (4.49%), Vitamin A: 176.88IU (3.54%), Zinc: 0.44mg (2.96%), Calcium: 21.43mg (2.14%), Vitamin E: 0.31mg (2.08%), Vitamin K: 1.34µg (1.27%)