



## Muscadine Grape Jelly

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



932 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 6 ounce liquid fruit pectin
- 1 quart muscadine grape juice
- 0.3 cup juice of lemon
- 7 cups sugar

### Equipment

- ladle

## Directions

- Combine grape juice, lemon juice, and sugar in a flat-bottomed kettle. Bring to a rolling boil.
- Add liquid pectin, and return to a boil. Boil 1 minute, stirring constantly.
- Remove from heat, and skim off foam with a metal spoon.
- Ladle hot jelly into hot sterilized jars, leaving 1/4-inch headspace. Cover with metal lids, and screw bands tight. Process jelly in boiling-water bath 5 minutes.

## Nutrition Facts

**PROTEIN 0.25%** **FAT 0.84%** **CARBS 98.91%**

## Properties

Glycemic Index:10.01, Glycemic Load:139.62, Inflammation Score:1, Nutrition Score:3.1156521523776%

## Flavonoids

Cyanidin: 1.2mg, Cyanidin: 1.2mg, Cyanidin: 1.2mg, Cyanidin: 1.2mg Petunidin: 1.38mg, Petunidin: 1.38mg, Petunidin: 1.38mg, Petunidin: 1.38mg Delphinidin: 2.6mg, Delphinidin: 2.6mg, Delphinidin: 2.6mg, Delphinidin: 2.6mg Malvidin: 15.1mg, Malvidin: 15.1mg, Malvidin: 15.1mg, Malvidin: 15.1mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 1.43mg, Peonidin: 1.43mg, Peonidin: 1.43mg, Peonidin: 1.43mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

## Nutrients (% of daily need)

Calories: 932.01kcal (46.6%), Fat: 0.91g (1.4%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 241.74g (80.58%), Net Carbohydrates: 239.35g (87.04%), Sugar: 219.02g (243.35%), Cholesterol: 0mg (0%), Sodium: 57.45mg (2.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.21%), Manganese: 0.35mg (17.46%), Fiber: 2.39g (9.55%), Copper: 0.14mg (7.09%), Iron: 1.1mg (6.13%), Potassium: 155.28mg (4.44%), Vitamin B2: 0.07mg (4.36%), Vitamin C: 3.51mg (4.25%), Magnesium: 14.29mg (3.57%), Vitamin B6: 0.05mg (2.49%), Phosphorus: 20.11mg (2.01%), Calcium: 19.1mg (1.91%), Vitamin B1: 0.03mg (1.8%), Selenium: 1.21µg (1.73%), Zinc: 0.23mg (1.55%), Vitamin B5: 0.1mg (1.03%)