



No-Cook Strawberry Freezer Jam



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



350 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 cup plus light
- ☐ 1.8 oz powdered pectin light
- ☐ 7 cups strawberries hulled
- ☐ 1.8 cup sugar divided
- ☐ 4 pint freezer-safe plastic containers and lids
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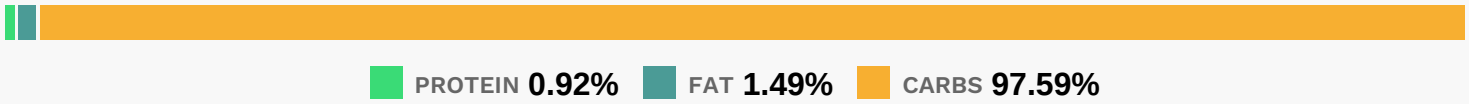
Equipment

- ☐ bowl

Directions

- ☐ Thoroughly crush strawberries in a large bowl; set aside.
- ☐ Combine pectin with 1/4 cup sugar. Gradually add pectin mixture to strawberries, stirring vigorously.
- ☐ Let stand for 30 minutes, stirring occasionally.
- ☐ Add corn syrup; mix well. Gradually stir in remaining sugar until dissolved.
- ☐ Spoon into containers leaving 1/2-inch headspace; secure lids.
- ☐ Let stand overnight at room temperature before freezing.
- ☐ May be frozen up to one year. Store in refrigerator up to 4 weeks after opening.

Nutrition Facts



Properties

Glycemic Index:16.14, Glycemic Load:39.62, Inflammation Score:-4, Nutrition Score:7.8604349545811%

Flavonoids

Cyanidin: 2.12mg, Cyanidin: 2.12mg, Cyanidin: 2.12mg, Cyanidin: 2.12mg Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 31.31mg, Pelargonidin: 31.31mg, Pelargonidin: 31.31mg, Pelargonidin: 31.31mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.92mg, Catechin: 3.92mg, Catechin: 3.92mg, Catechin: 3.92mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 349.54kcal (17.48%), Fat: 0.62g (0.96%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 91.59g (30.53%), Net Carbohydrates: 88.54g (32.2%), Sugar: 82.56g (91.73%), Cholesterol: 0mg (0%), Sodium: 40.53mg (1.76%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.73%), Vitamin C: 74.09mg (89.8%), Manganese: 0.49mg (24.62%), Fiber: 3.05g (12.21%), Folate: 30.3µg (7.58%), Potassium: 194.52mg (5.56%), Copper: 0.09mg (4.48%), Magnesium: 16.87mg (4.22%), Iron: 0.71mg (3.93%), Vitamin B1: 0.06mg (3.73%), Phosphorus: 30.36mg (3.04%), Vitamin B6: 0.06mg (2.99%), Calcium: 26.57mg (2.66%), Zinc: 0.4mg (2.65%), Vitamin K: 2.77µg (2.64%), Vitamin E: 0.37mg (2.44%), Vitamin B3: 0.49mg (2.43%), Vitamin B2: 0.04mg (2.34%), Vitamin B5: 0.16mg (1.64%), Selenium: 1.06µg (1.52%)