

No-Sugar-Needed Triple Berry Jam

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



48

CALORIES



11 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 box sure-jell for less or no sugar needed recipes premium fruit pectin
- 0.5 cup granular no-calorie sweetener
- 1 cup strawberries ripe prepared (buy 1 pt. of each)
- 0.8 cup water

Equipment

- sauce pan
- ladle
- pot

Directions

- Bring boiling-water canner, half full with water, to simmer. Wash jars and screw bands in hot soapy water; rinse with warm water.
- Pour boiling water over flat lids in saucepan off the heat.
- Let stand in hot water until ready to use.
- Drain jars well before filling.
- Stem and crush strawberries; place exactly 1 cup of the crushed strawberries in 6- or 8-quart saucepot. Repeat with raspberries and blueberries. Stir in water. Gradually add pectin, stirring until well blended.
- Bring mixture to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly. Boil exactly 1 minute, stirring constantly.
- Remove from heat. Stir in granulated sweetener or no-calorie sweetener packets. Skim off any foam with metal spoon.
- Ladle immediately into prepared jars, filling to within 1/4 inch of tops. Wipe jar rims and threads. Cover with 2-piece lids. Screw bands tightly.
- Place jars on elevated rack in canner. Lower rack into canner. (Water must cover jars by 1 to 2 inches.
- Add boiling water, if necessary.) Cover; bring water to gentle boil. Process 10 minutes.
- Remove jars and place upright on towel to cool completely. After jars cool, check seals by pressing middle of lid with finger. (If lid springs back, lid is not sealed and refrigeration is necessary.)

Nutrition Facts

 **PROTEIN 0.74%**  **FAT 0.87%**  **CARBS 98.39%**

Properties

Glycemic Index:1.88, Glycemic Load:1.02, Inflammation Score:-1, Nutrition Score:0.21782609261572%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.75mg, Pelargonidin: 0.75mg, Pelargonidin: 0.75mg, Pelargonidin: 0.75mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg,
Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol:
0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 11.35kcal (0.57%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.01%), Carbohydrates: 3.07g (1.02%), Net
Carbohydrates: 2.92g (1.06%), Sugar: 1.82g (2.02%), Cholesterol: 0mg (0%), Sodium: 2.3mg (0.1%), Alcohol: 0g
(100%), Alcohol %: 0% (100%), Protein: 0.02g (0.05%), Vitamin C: 1.76mg (2.14%)