



Orange-Fig Jam



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



64

CALORIES



26 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 14 ounce calimyrna figs dried coarsely chopped
- ☐ 0.3 cup grand marnier orange-flavored (liqueur)
- ☐ 0.3 cup orange juice fresh
- ☐ 1 teaspoon orange rind grated
- ☐ 1.5 cups sugar
- ☐ 1.8 cups water

Equipment

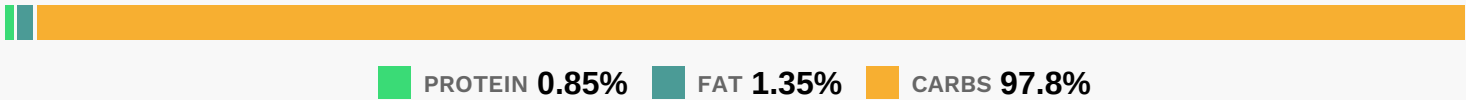
- ☐ food processor

- ☐ bowl
- ☐ ladle
- ☐ slow cooker

Directions

- ☐ Place all ingredients except orange rind in a 2 1/2-quart electric slow cooker; stir until sugar dissolves. Cover and cook on LOW for 6 hours. Stir in orange rind.
- ☐ Place half of fig mixture in a food processor; process until smooth.
- ☐ Pour into a bowl. Repeat procedure with remaining fig mixture. Ladle jam into hot sterilized jars. Cover jars with metal lids; screw on bands. Cool to room temperature. Chill thoroughly; store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:2.86, Glycemic Load:3.94, Inflammation Score:-1, Nutrition Score:0.25086956503599%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 25.94kcal (1.3%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0.03%), Carbohydrates: 6.26g (2.09%), Net Carbohydrates: 6.08g (2.21%), Sugar: 6.07g (6.74%), Cholesterol: 0mg (0%), Sodium: 0.52mg (0.02%), Alcohol: 0.24g (100%), Alcohol %: 1.58% (100%), Protein: 0.05g (0.11%)