



Orange-Pineapple Freezer Preserves



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



100

CALORIES



16 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 tablespoons juice of lemon
- ☐ 2.5 cups orange sections chopped (6 medium)
- ☐ 1.2 oz pectin instant
- ☐ 8 oz pineapple in juice crushed undrained canned
- ☐ 1.5 cups sugar

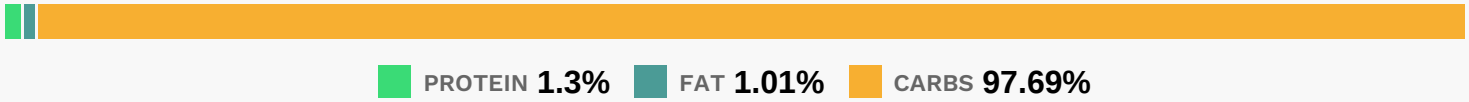
Equipment

- ☐ bowl

Directions

- ☐ Stir together first 4 ingredients in a medium glass or nonmetallic bowl.
- ☐ Let stand 15 minutes.
- ☐ Gradually stir in pectin; stir 3 minutes.
- ☐ Let stand 30 minutes.
- ☐ Spoon mixture into clean (1/2-pt.) jars or other freezer containers, leaving 1/2-inch headspace. Seal, label, and freeze upright. Store in freezer up to 1 year. Thaw completely (about 1 day) in refrigerator before using. Refrigerate after thawing, and use within 3 weeks.
- ☐ Note: We tested with Ball Real
- ☐ Fruit Instant Pectin.

Nutrition Facts



Properties

Glycemic Index:1.13, Glycemic Load:2.27, Inflammation Score:-1, Nutrition Score:0.31130434588894%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg 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: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 16.2kcal (0.81%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.01%), Carbohydrates: 4.2g (1.4%), Net Carbohydrates: 4.03g (1.47%), Sugar: 3.75g (4.16%), Cholesterol: 0mg (0%), Sodium: 0.74mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.11%), Vitamin C: 2.72mg (3.3%)