



## Orange Pineapple Marmalade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



870 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 2 medium cranberry-orange relish
- 16 ounces pineapple crushed drained canned
- 4 cups sugar
- 2 tablespoons juice of lemon

### Equipment

- food processor
- bowl
- microwave

## Directions

- Wash four 1-cup plastic or freezer-safe containers with hot, soapy water. Dry thoroughly.
- Grate outer zest from oranges and set aside. Peel off and discard white membrane from oranges and section the fruit; discard any seeds. In a food processor, combine orange zest and orange sections; cover and process until orange is in small pieces.
- In a wide-bottomed microwave-safe 2-1/2-qt. bowl, combine the pineapple, sugar, lemon juice and orange mixture. Microwave, uncovered, on high for 2 to 2-1/2 minutes; stir.
- Heat 2 minutes longer (edges will be bubbly); stir. Microwave for 1-1/2 to 2 minutes or until mixture is bubbly in center; stir.
- Heat 2 minutes longer; stir. Cool for 10 minutes.
- Immediately fill all containers to within 1/2 in. of tops. Wipe off top edges of containers. Cool to room temperature, about 1 hour.
- Cover and let stand at room temperature 4 hours. Refrigerate up to 3 weeks or freeze up to 1 year. Thaw frozen marmalade in refrigerator before serving.

## Nutrition Facts

■ PROTEIN 0.53% ■ FAT 0.85% ■ CARBS 98.62%

## Properties

Glycemic Index:28.15, Glycemic Load:142.24, Inflammation Score:-3, Nutrition Score:6.4178260927615%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 18.93mg, Hesperetin: 18.93mg, Hesperetin: 18.93mg, Hesperetin: 18.93mg Naringenin: 10.14mg, Naringenin: 10.14mg, Naringenin: 10.14mg, Naringenin: 10.14mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 870.47kcal (43.52%), Fat: 0.86g (1.33%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 225.09g (75.03%), Net Carbohydrates: 222.02g (80.74%), Sugar: 222.08g (246.76%), Cholesterol: 0mg (0%), Sodium: 3.21mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.44%), Vitamin C: 48.41mg (58.68%), Fiber: 3.07g (12.27%), Vitamin B1: 0.17mg (11.63%), Copper: 0.17mg (8.3%), Potassium: 270.89mg (7.74%), Folate: 26.82µg (6.7%), Vitamin B6: 0.13mg (6.39%), Magnesium: 24.01mg (6%), Vitamin B2: 0.09mg (5.24%), Calcium: 46.79mg (4.68%),

Vitamin A: 204.52IU (4.09%), Selenium: 1.99µg (2.84%), Iron: 0.49mg (2.72%), Vitamin B3: 0.51mg (2.57%), Phosphorus: 17.71mg (1.77%), Vitamin B5: 0.17mg (1.74%), Manganese: 0.03mg (1.26%), Zinc: 0.18mg (1.22%), Vitamin E: 0.15mg (1.01%)