



## Peach Melba Jam



Vegetarian



Gluten Free



Low Fod Map

READY IN



120 min.

SERVINGS



7

CALORIES



429 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- ☐ 7 juice of lemon
- ☐ 1 package premium fruit pectin
- ☐ 5 ounce raspberries fresh
- ☐ 3.5 cups sugar
- ☐ 0.5 teaspoon butter unsalted
- ☐ 0.5 vanilla pod split

## Equipment

- ☐ food processor

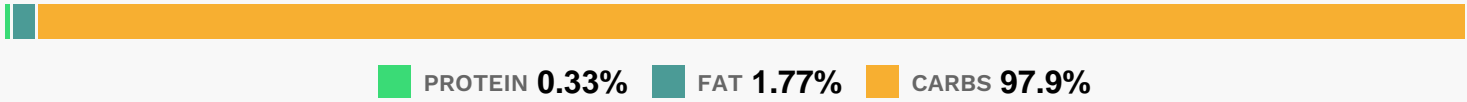
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ blender
- ☐ stove

## Directions

- ☐ If you are going to preserve jam, prepare jars and lids: place 7 half-pint jars on rack in large pot.
- ☐ Add enough water to cover jars, and bring to boil over high heat. Boil for 10 minutes, then turn off heat and allow jars to rest in the hot water. Meanwhile, put bands and lids in small saucepan and cover with water.
- ☐ Heat over medium heat until the water is simmering, then remove pan from heat and allow bands and lids to rest in hot water until ready to use.
- ☐ Peel, pit, and slice the peaches.
- ☐ Transfer them to a blender or food processor and pulse just until they are coarsely chopped. Measure 4 cups of chopped peaches into a large, heavy-bottomed pot.
- ☐ Put the raspberries in the food processor or blender and pulse until coarsely chopped. Measure 1 cup of crushed raspberries and add it to the pot with the peaches. Stir in lemon juice and vanilla bean.
- ☐ Combine 1/4 cup of sugar with the pectin in a small bowl. Measure remaining 3 1/4 cups of sugar into a medium bowl and set aside.
- ☐ Stir the sugar-pectin mixture into the peaches, add the butter, and bring the mixture to a full rolling boil over medium-high heat, stirring frequently. Stir in the remaining sugar and return to a full rolling boil. Boil hard for one minute.
- ☐ Remove the pot from the stove and skim any foam from the surface of the jam with a metal spoon.
- ☐ Remove and discard the vanilla bean.
- ☐ Ladle hot jam into hot sterilized jars, leaving 1/4-inch headspace. Wipe rims of the jars, cover with lids, and screw bands on until just barely tight.

- ☐
- Place jars on rack in pot and cover completely with water. Cover pot and bring to a boil over high heat. Boil for 10 minutes. Turn off heat, uncover pot, and allow jars to rest in water for five minutes.
- ☐
- Remove jars from pot and allow them to rest undisturbed on countertop for six hours or overnight.

## Nutrition Facts



### Properties

Glycemic Index:13.73, Glycemic Load:70.09, Inflammation Score:-1, Nutrition Score:2.6308695447996%

### Flavonoids

Cyanidin: 9.27mg, Cyanidin: 9.27mg, Cyanidin: 9.27mg, Cyanidin: 9.27mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg 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: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

### Nutrients (% of daily need)

Calories: 428.74kcal (21.44%), Fat: 0.89g (1.37%), Saturated Fat: 0.2g (1.27%), Carbohydrates: 110.63g (36.88%), Net Carbohydrates: 108.61g (39.49%), Sugar: 101.45g (112.72%), Cholesterol: 0.77mg (0.26%), Sodium: 15.83mg (0.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.74%), Vitamin C: 16.92mg (20.5%), Fiber: 2.02g (8.08%), Manganese: 0.15mg (7.41%), Copper: 0.06mg (3%), Folate: 10.33µg (2.58%), Iron: 0.41mg (2.26%), Vitamin B2: 0.04mg (2.09%), Potassium: 64.06mg (1.83%), Magnesium: 6.33mg (1.58%), Vitamin E: 0.23mg (1.53%), Vitamin K: 1.6µg (1.53%), Vitamin B6: 0.03mg (1.28%), Vitamin B5: 0.11mg (1.14%)