



Peach-Raspberry Jam

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



1758 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 cup juice of lemon
- 3.5 pounds peaches pitted ripe peeled (see notes)
- 1.8 oz sure-jell pectin dry
- 1 lb raspberries
- 10 cup sugar
- 5 servings canning instructions
- 5 servings canning instructions

Equipment

frying pan

Directions

- Follow steps 1 through 4 of Canning Instructions, using six pint-size jars.
- Coarsely chop peaches; you should have 5 1/2 cups. Coarsely chop or mash raspberries; you should have 2 cups.
- In an 8- to 10-quart pan, combine peaches, raspberries, lemon juice, butter (if using), and pectin. Bring to a rolling boil over high heat, stirring often. Stir in sugar; when mixture resumes boiling, stir for exactly 4 minutes if using MCP pectin (1 minute if using Sure-Jell or Ball Fruit Jell).
- Remove from heat immediately.
- Skim and discard any foam from jam.
- Follow steps 5 through 11 of Canning Instructions, leaving 1/4 inch of headspace in each jar and processing jars for 5 minutes (see notes).

Nutrition Facts

 PROTEIN **0.89%**  FAT **1.37%**  CARBS **97.74%**

Properties

Glycemic Index:27.27, Glycemic Load:291.51, Inflammation Score:-7, Nutrition Score:15.617826047151%

Flavonoids

Cyanidin: 47.62mg, Cyanidin: 47.62mg, Cyanidin: 47.62mg, Cyanidin: 47.62mg Petunidin: 0.28mg, Petunidin: 0.28mg, Petunidin: 0.28mg, Petunidin: 0.28mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.89mg, Pelargonidin: 0.89mg, Pelargonidin: 0.89mg, Pelargonidin: 0.89mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 16.81mg, Catechin: 16.81mg, Catechin: 16.81mg, Catechin: 16.81mg Epigallocatechin: 3.72mg, Epigallocatechin: 3.72mg, Epigallocatechin: 3.72mg, Epigallocatechin: 3.72mg Epicatechin: 10.62mg, Epicatechin: 10.62mg, Epicatechin: 10.62mg, Epicatechin: 10.62mg Epigallocatechin 3-gallate: 1.44mg, Epigallocatechin 3-gallate: 1.44mg, Epigallocatechin 3-gallate: 1.44mg, Epigallocatechin 3-gallate: 1.44mg Eriodictyol: 1.19mg, Eriodictyol: 1.19mg, Eriodictyol: 1.19mg, Eriodictyol: 1.19mg Hesperetin: 3.53mg, Hesperetin: 3.53mg, Hesperetin: 3.53mg, Hesperetin: 3.53mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 1758.15kcal (87.91%), Fat: 2.82g (4.33%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 451.92g (150.64%), Net Carbohydrates: 440.33g (160.12%), Sugar: 430.46g (478.29%), Cholesterol: 0mg (0%), Sodium: 66.27mg (2.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.19%), Vitamin C: 46.23mg (56.04%), Fiber: 11.59g (46.34%), Manganese: 0.83mg (41.37%), Vitamin A: 1066.8IU (21.34%), Vitamin E: 3.14mg (20.96%), Copper: 0.4mg (20.14%), Potassium: 558.18mg (15.95%), Vitamin K: 16.6µg (15.81%), Vitamin B3: 3.12mg (15.62%), Selenium: 9.27µg (13.25%), Vitamin B2: 0.22mg (12.85%), Iron: 2.19mg (12.19%), Magnesium: 46.92mg (11.73%), Folate: 43.08µg (10.77%), Phosphorus: 98.31mg (9.83%), Vitamin B5: 0.83mg (8.27%), Zinc: 1.21mg (8.07%), Vitamin B1: 0.11mg (7.46%), Vitamin B6: 0.14mg (7.07%), Calcium: 41.54mg (4.15%)