



Peach-Raspberry-Lavender Jam



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



468 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 teaspoons culinary lavender buds dried
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 pound peaches pitted ripe peeled chopped (5)
- ☐ 3 ounces raspberries red rinsed ()
- ☐ 1.5 cups sugar

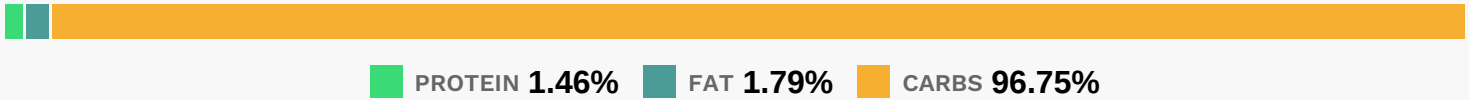
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Put lavender buds in a small bowl.
- ☐ Pour 1/4 cup boiling water over the buds and let steep 10 minutes. Strain the scented water into a bowl and set aside; discard buds.
- ☐ In a 4-quart pan over medium-high heat, combine peaches, raspberries, sugar, and lemon juice. Bring to a boil and cook, stirring often, until liquid has the consistency of thick maple syrup, about 14 minutes. Stir in the lavender water and boil, stirring often, another 2 minutes, or until mixture reaches desired thickness (see notes).
- ☐ Remove jam from heat and let cool for 15 minutes. Chill, covered, at least 2 hours before using. Jam keeps, chilled, up to 4 weeks.

Nutrition Facts



Properties

Glycemic Index:45.45, Glycemic Load:75.44, Inflammation Score:-5, Nutrition Score:6.3521739607272%

Flavonoids

Cyanidin: 15.88mg, Cyanidin: 15.88mg, Cyanidin: 15.88mg, Cyanidin: 15.88mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 7.81mg, Catechin: 7.81mg, Catechin: 7.81mg, Catechin: 7.81mg Epigallocatechin: 1.7mg, Epigallocatechin: 1.7mg, Epigallocatechin: 1.7mg, Epigallocatechin: 1.7mg Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 468.18kcal (23.41%), Fat: 0.98g (1.51%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 119.65g (39.88%), Net Carbohydrates: 115.49g (42%), Sugar: 114.12g (126.8%), Cholesterol: 0mg (0%), Sodium: 21.09mg (0.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.6%), Vitamin C: 19.83mg (24.04%), Fiber: 4.16g (16.62%), Manganese: 0.29mg (14.4%), Vitamin A: 513.16IU (10.26%), Vitamin E: 1.37mg (9.15%), Copper: 0.15mg (7.64%),

Vitamin B3: 1.4mg (7.01%), Potassium: 244.72mg (6.99%), Vitamin K: 6.75µg (6.43%), Selenium: 3.85µg (5.5%),
Magnesium: 19.23mg (4.81%), Iron: 0.84mg (4.65%), Vitamin B2: 0.08mg (4.64%), Folate: 18.03µg (4.51%),
Phosphorus: 42.68mg (4.27%), Vitamin B5: 0.34mg (3.44%), Vitamin B1: 0.05mg (3.26%), Zinc: 0.48mg (3.23%),
Vitamin B6: 0.06mg (3.01%), Calcium: 22.37mg (2.24%)