



Peach-Rosemary Jam

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



75

CALORIES



57 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 cup juice of lime fresh
- 1 teaspoon lime rind grated
- 4 cups peaches fresh peeled chopped
- 1.8 ounce powdered fruit pectin
- 2 rosemary sprigs
- 5 cups sugar

Equipment

- dutch oven

Directions

- Bring first 5 ingredients to a full rolling boil in a Dutch oven. Boil 1 minute, stirring constantly.
- Add sugar to peach mixture, and bring to a full rolling boil; boil 1 minute, stirring constantly.
- Remove from heat.
- Remove and discard rosemary sprigs; skim off any foam.
- Pour hot mixture immediately into hot, sterilized jars, filling to 1/4 inch from top.
- Remove air bubbles; wipe jar rims. Cover at once with metal lids, and screw on bands.
- Process in boiling-water bath 10 minutes.

Nutrition Facts

 **PROTEIN 0.58%**  **FAT 1.01%**  **CARBS 98.41%**

Properties

Glycemic Index:2.87, Glycemic Load:9.56, Inflammation Score:-1, Nutrition Score:0.24739130246251%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 56.68kcal (2.83%), Fat: 0.07g (0.1%), Saturated Fat: 0g (0%), Carbohydrates: 14.65g (4.88%), Net Carbohydrates: 14.47g (5.26%), Sugar: 13.92g (15.47%), Cholesterol: 0mg (0%), Sodium: 2.47mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.17%)