



Pear-Vanilla Freezer Jam



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



44

CALORIES



82 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 4 cups purée of usa bartlett pear peeled coarsely chopped (5 large)
- 0.3 cup juice of lemon fresh
- 1 teaspoon lemon rind grated
- 1.8 ounce pectin crystals
- 4 cups sugar
- 1 vanilla pod split

Equipment

- food processor

- frying pan
- sauce pan

Directions

- Place pear in a food processor; pulse until finely chopped.
- Place pear, rind, juice, and vanilla bean in a large saucepan. Stir in pectin.
- Place pan over high heat; bring to a boil. Stir in sugar; cook 5 minutes or until sugar dissolves. Bring to a boil; cook for 1 minute, stirring constantly.
- Remove from heat. Skim foam from surface; discard.
- Remove vanilla bean. Scrape seeds into pear mixture; discard bean. Stir 5 minutes to ensure fruit is suspended in jam. Cover and chill overnight.
- Note: Refrigerate Pear-Vanilla Freezer Jam in airtight containers up to three weeks, or freeze up to six months.

Nutrition Facts

PROTEIN 0.27% **FAT 1.07%** **CARBS 98.66%**

Properties

Glycemic Index:2.52, Glycemic Load:13.31, Inflammation Score:0, Nutrition Score:0.3495652154088%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 82.28kcal (4.11%), Fat: 0.1g (0.16%), Saturated Fat: 0g (0.01%), Carbohydrates: 21.17g (7.06%), Net Carbohydrates: 20.67g (7.52%), Sugar: 19.42g (21.57%), Cholesterol: 0mg (0%), Sodium: 2.58mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.12%), Fiber: 0.5g (2%), Vitamin C: 1.16mg (1.4%)