



## Perfect Sour Cherry Jam

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



669 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 3 pints cherries sour
- 2.3 cups granulated sugar
- 1 tablespoon juice of lemon freshly squeezed
- 2.3 teaspoons premium fruit pectin
- 0.3 teaspoon butter unsalted
- 3 teaspoons water (included in the Pomona's packet)

### Equipment

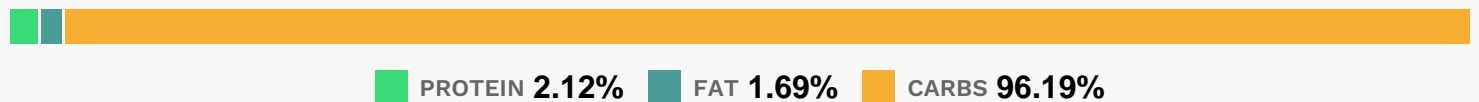
- food processor

- bowl
- ladle
- pot

## Directions

- Combine the sugar and pectin in a medium bowl.
- Pit the cherries and transfer them to the work bowl of a food processor. Pulse the cherries 8 to 10 times, until they are coarsely chopped but not pureed. Measure 4 cups of the cherry puree and transfer to a large, heavy bottomed pot. (Discard any remaining cherries or reserve for another use.)
- Add the lemon juice and bring to a simmer. Simmer, stirring occasionally, until the cherry pieces have softened and are beginning to break down, about 10 minutes.
- Stir the calcium water and the butter into the pot with the cherries and bring the mixture to a boil.
- Add the sugar-pectin mixture and return the mixture to a boil, stirring constantly. Boil hard for one minute.
- Remove the pot from the heat and skim any foam from the surface of the jam with a cold metal spoon. Ladle the jam into hot sterilized jars and process them in a hot water bath for 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:23.02, Glycemic Load:89.39, Inflammation Score:-5, Nutrition Score:8.407391368371%

## Flavonoids

Cyanidin: 107.21mg, Cyanidin: 107.21mg, Cyanidin: 107.21mg, Cyanidin: 107.21mg Pelargonidin: 0.96mg, Pelargonidin: 0.96mg, Pelargonidin: 0.96mg, Pelargonidin: 0.96mg Peonidin: 5.32mg, Peonidin: 5.32mg, Peonidin: 5.32mg, Peonidin: 5.32mg Catechin: 15.47mg, Catechin: 15.47mg, Catechin: 15.47mg, Catechin: 15.47mg Epigallocatechin: 1.21mg, Epigallocatechin: 1.21mg, Epigallocatechin: 1.21mg, Epigallocatechin: 1.21mg Epicatechin: 17.74mg, Epicatechin: 17.74mg, Epicatechin: 17.74mg, Epicatechin: 17.74mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg

Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg  
Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.85mg,  
Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin:  
0.18mg, Myricetin: 0.18mg Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg

## **Nutrients (% of daily need)**

Calories: 668.78kcal (33.44%), Fat: 1.34g (2.06%), Saturated Fat: 0.3g (1.86%), Carbohydrates: 171.6g (57.2%), Net  
Carbohydrates: 163.89g (59.6%), Sugar: 157.79g (175.33%), Cholesterol: 0.67mg (0.22%), Sodium: 6.93mg (0.3%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.57%), Vitamin C: 26.29mg (31.87%), Fiber: 7.7g  
(30.81%), Potassium: 794.22mg (22.69%), Manganese: 0.26mg (12.77%), Copper: 0.23mg (11.68%), Magnesium:  
39.33mg (9.83%), Vitamin B6: 0.18mg (8.8%), Vitamin B2: 0.14mg (8.28%), Iron: 1.41mg (7.84%), Phosphorus:  
74.96mg (7.5%), Vitamin B5: 0.71mg (7.15%), Vitamin K: 7.47µg (7.12%), Vitamin B1: 0.1mg (6.46%), Calcium: 47.87mg  
(4.79%), Vitamin A: 235.24IU (4.7%), Folate: 14.98µg (3.75%), Vitamin B3: 0.55mg (2.75%), Zinc: 0.28mg (1.83%),  
Vitamin E: 0.26mg (1.74%)