



Pineapple-Apricot Jam

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



80

CALORIES



50 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 6 ounces maraschino cherries drained
- 20 ounces pineapple crushed undrained canned
- 6 ounces apricot dried cut into fourths (1 cup)
- 0.3 cup water
- 3.5 cups sugar
- 2 tablespoons juice of lemon
- 3 ounces premium fruit pectin (from 6-ounce package)

Equipment

dutch oven

Directions

Chop cherries; set aside.

Heat reserved cherry syrup, the pineapple, apricots and water to boiling in Dutch oven, stirring occasionally; reduce heat. Cover and simmer about 10 minutes, stirring occasionally, until apricots are tender.

Stir in sugar, lemon juice and cherries.

Heat to rolling boil over high heat, stirring occasionally. Boil and stir 1 minute; remove from heat. Stir in pectin.

Immediately pour mixture into hot, sterilized jars or freezer containers, leaving 1/2-inch headspace. Wipe rims of jars. Seal immediately; cool. Refrigerate or freeze up to 3 months. Thaw before serving.

Nutrition Facts

PROTEIN 0.88% **FAT 0.94%** **CARBS 98.18%**

Properties

Glycemic Index:1.29, Glycemic Load:6.5, Inflammation Score:-1, Nutrition Score:0.50130434593429%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 50.11kcal (2.51%), Fat: 0.06g (0.08%), Saturated Fat: 0g (0.02%), Carbohydrates: 13.03g (4.34%), Net Carbohydrates: 12.62g (4.59%), Sugar: 11.71g (13.01%), Cholesterol: 0mg (0%), Sodium: 2.62mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.23%), Fiber: 0.41g (1.63%), Vitamin A: 81.18IU (1.62%), Copper: 0.02mg (1.16%), Vitamin C: 0.83mg (1.01%)