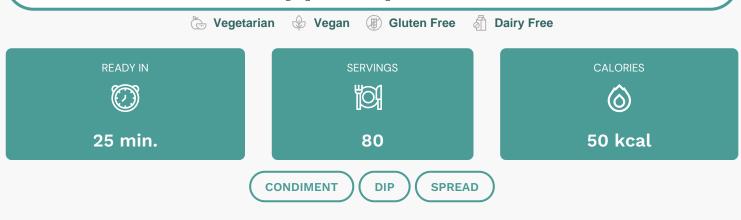


Pineapple-Apricot Jam



Ingredients

6 ounces maraschino cherries drained
20 ounces pineapple crushed undrained canned
6 ounces apricot dried cut into fourths (1 cup)
O.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		
Erioo	listyal: 0.02mg Eriodiatyal: 0.02mg Eriodiatyal: 0.02mg Eriodiatyal: 0.02mg Hasparatia: 0.05mg	

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, 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: Og (0.02%), Carbohydrates: 13.03g (4.34%), Net Carbohydrates: 12.62g (4.59%), Sugar: 11.71g (13.01%), Cholesterol: Omg (0%), Sodium: 2.62mg (0.11%), Alcohol: Og (100%), Alcohol %: O% (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%)