

Pineapple Kiwi Jam

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



32

CALORIES



92 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 8 ounces pineapple crushed undrained canned
- 3 ounces premium fruit pectin
- 3 drops drop natural food coloring green
- 4 kiwi fruit peeled thinly sliced
- 0.3 cup juice of lime
- 3 cups sugar

Equipment

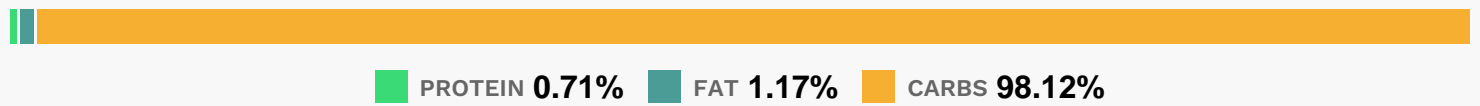
- bowl

microwave

Directions

- In a 2-qt. microwave-safe bowl, combine the kiwi, sugar, pineapple and lime juice. Microwave, uncovered, on high for 7-10 minutes or until mixture comes to a full rolling boil, stirring every 2 minutes. Stir in pectin.
- Add food coloring if desired.
- Pour into jars or freezer containers and cool to room temperature, about 1 hour. Cover and let stand overnight or until set, but not longer than 24 hours. Refrigerate or freeze.

Nutrition Facts



Properties

Glycemic Index:3.84, Glycemic Load:13.75, Inflammation Score:-1, Nutrition Score:1.3100000030321%

Flavonoids

Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 92.15kcal (4.61%), Fat: 0.13g (0.2%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 23.93g (7.98%), Net Carbohydrates: 23.26g (8.46%), Sugar: 20.78g (23.09%), Cholesterol: 0mg (0%), Sodium: 6.18mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.35%), Vitamin C: 9.73mg (11.79%), Vitamin K: 4.65µg (4.42%), Fiber: 0.67g (2.68%), Copper: 0.04mg (1.79%), Vitamin E: 0.15mg (1.02%)