



Plum Conserve Jam

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



5

CALORIES



1215 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 3 pounds plums seeded chopped
- 4 cups sugar
- 1 navel oranges thinly sliced
- 1 optional: lemon seeds removed thinly sliced
- 3.5 cups raisins
- 1 cup walnut pieces chopped

Equipment

- frying pan

- paper towels
- ladle
- oven
- pot

Directions

- Prepare jars for canning: Prepare jars for canning in any of the following ways: You can run them through a short cycle on your dishwasher.
- You can place them in a large pot (12 quart) of water on top of a steaming rack (so they don't touch the bottom of the pan), and bring the water to a boil for 10 minutes.
- Or you can rinse out the jars, dry them, and place them, without lids, in a 200°F oven for 10 minutes.
- Put plums, sugar, orange, lemon, and raisins into a large 6 or 8-quart pan.
- Heat until boiling. Gently boil for 20 to 25 minutes, stirring frequently, or until the mixture starts to thicken slightly.
- If you want, use kitchen shears to cut some of the longer citrus rinds.
- Stir in walnuts.
- Carefully ladle the conserve into the jars, one at a time, leaving 1/4 inch head space at the top of the jars for a vacuum seal.
- Wipe the rim clean with a clean, wet paper towel.
- Place the lid on the jar, securing with a jar ring.
- Allow the jars to sit overnight. You will hear them make a popping sound as a vacuum seal is created.

Nutrition Facts



PROTEIN 2.61% **FAT 11.86%** **CARBS 85.53%**

Properties

Glycemic Index:42.61, Glycemic Load:165.68, Inflammation Score:-8, Nutrition Score:21.640869347946%

Flavonoids

Cyanidin: 15.96mg, Cyanidin: 15.96mg, Cyanidin: 15.96mg, Cyanidin: 15.96mg Peonidin: 0.84mg, Peonidin: 0.84mg, Peonidin: 0.84mg, Peonidin: 0.84mg Catechin: 7.87mg, Catechin: 7.87mg, Catechin: 7.87mg, Catechin: 7.87mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg Epicatechin: 8.71mg, Epicatechin: 8.71mg, Epicatechin: 8.71mg, Epicatechin: 8.71mg Epicatechin 3-gallate: 2.07mg, Epicatechin 3-gallate: 2.07mg, Epicatechin 3-gallate: 2.07mg, Epicatechin 3-gallate: 2.07mg Epigallocatechin 3-gallate: 1.09mg, Epigallocatechin 3-gallate: 1.09mg, Epigallocatechin 3-gallate: 1.09mg, Epigallocatechin 3-gallate: 1.09mg Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg Hesperetin: 12.15mg, Hesperetin: 12.15mg, Hesperetin: 12.15mg, Hesperetin: 12.15mg Naringenin: 2.11mg, Naringenin: 2.11mg, Naringenin: 2.11mg, Naringenin: 2.11mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg Gallocatechin: 0.24mg, Gallocatechin: 0.24mg, Gallocatechin: 0.24mg, Gallocatechin: 0.24mg

Nutrients (% of daily need)

Calories: 1214.65kcal (60.73%), Fat: 17.19g (26.44%), Saturated Fat: 1.67g (10.47%), Carbohydrates: 278.76g (92.92%), Net Carbohydrates: 265.26g (96.46%), Sugar: 190.21g (211.34%), Cholesterol: 0mg (0%), Sodium: 31.2mg (1.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.51g (17.02%), Vitamin C: 59.64mg (72.29%), Manganese: 1.23mg (61.62%), Fiber: 13.5g (54%), Copper: 0.86mg (43.19%), Potassium: 1447.34mg (41.35%), Magnesium: 91.28mg (22.82%), Iron: 4.02mg (22.32%), Vitamin B6: 0.43mg (21.74%), Phosphorus: 210.53mg (21.05%), Vitamin A: 1017.53IU (20.35%), Vitamin B2: 0.34mg (19.98%), Vitamin B1: 0.3mg (19.82%), Vitamin K: 18.05µg (17.19%), Vitamin B3: 2.67mg (13.34%), Folate: 51.48µg (12.87%), Calcium: 86.94mg (8.69%), Zinc: 1.23mg (8.2%), Vitamin B5: 0.66mg (6.61%), Vitamin E: 0.95mg (6.31%), Selenium: 2.8µg (4%)