



Plum Jam

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



69 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 4.5 cups plums red ripe chopped (8 medium)
- 1 cup sugar
- 1 cup water

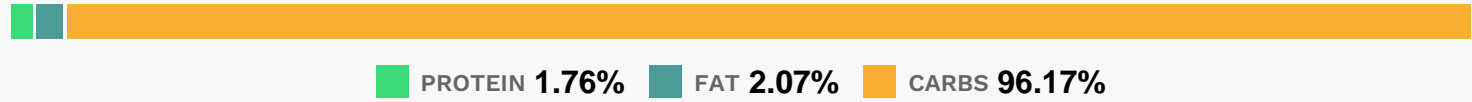
Equipment

- sauce pan

Directions

- Combine plums, sugar, and water in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 10 minutes. Uncover and simmer 50 minutes or until mixture begins to thicken, skimming foam from surface of mixture occasionally. Cool; pour into an airtight container. (
- Mixture will thicken as it cools.) Cover and chill.
- Note: Refrigerate jam in an airtight container for up to three weeks.

Nutrition Facts



Properties

Glycemic Index:6.8, Glycemic Load:10.52, Inflammation Score:-2, Nutrition Score:1.1730434823295%

Flavonoids

Cyanidin: 2.61mg, Cyanidin: 2.61mg, Cyanidin: 2.61mg, Cyanidin: 2.61mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 69.47kcal (3.47%), Fat: 0.17g (0.26%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 17.74g (5.91%), Net Carbohydrates: 17.09g (6.21%), Sugar: 17.08g (18.98%), Cholesterol: 0mg (0%), Sodium: 0.86mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.65%), Vitamin C: 4.41mg (5.34%), Vitamin A: 160.1IU (3.2%), Vitamin K: 2.97µg (2.83%), Fiber: 0.65g (2.6%), Potassium: 73.11mg (2.09%), Copper: 0.03mg (1.48%), Manganese: 0.02mg (1.23%)