



Plum Jam



Vegetarian



Gluten Free

READY IN



170 min.

SERVINGS



80

CALORIES



79 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 8 half-pint canning jars with lids and rings
- ☐ 4.5 cups plums pitted chopped
- ☐ 1.8 ounce powdered fruit pectin
- ☐ 0.5 cup water
- ☐ 7.5 cups sugar white

Equipment

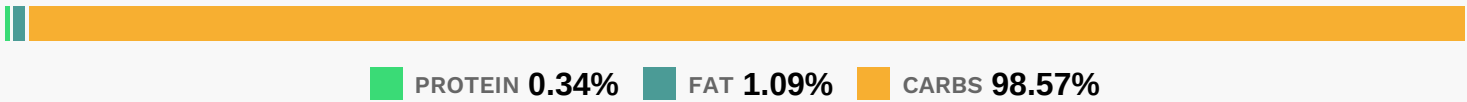
- ☐ paper towels
- ☐ knife

- ☐ pot
- ☐ spatula

Directions

- ☐ Place the plums and water into a large pot, and bring to a boil. Reduce heat to medium-low, cover, and simmer for 5 minutes. Stir in the sugar, and add butter to reduce foaming, if needed. Bring the mixture to a full, rolling boil over high heat, stirring constantly, and then mix in the pectin quickly. Return the jam to a full boil, and boil for 1 minute, stirring constantly.
- ☐ Remove from heat, and skim off and discard any foam.
- ☐ Sterilize the jars and lids in boiling water for at least 5 minutes. Pack the plum jam into the hot, sterilized jars, filling the jars to within 1/8 inch of the top. Run a knife or a thin spatula around the insides of the jars after they have been filled to remove any air bubbles. Wipe the rims of the jars with a moist paper towel to remove any food residue. Top with lids, and screw on rings.
- ☐ Place a rack in the bottom of a large stockpot and fill halfway with water. Bring to a boil over high heat, then carefully lower the jars into the pot using a holder. Leave a 2 inch space between the jars.
- ☐ Pour in more boiling water if necessary until the water level is at least 1 inch above the tops of the jars. Bring the water to a full boil, cover the pot, and process for 10 minutes.
- ☐ Remove the jars from the stockpot and place onto a cloth-covered or wood surface, several inches apart, until cool. Once cool, press the top of each lid with a finger, ensuring that the seal is tight (lid does not move up or down at all). Store in a cool, dark area. Refrigerate opened jars for up to 3 weeks.

Nutrition Facts



Properties

Glycemic Index:1.36, Glycemic Load:13.45, Inflammation Score:-1, Nutrition Score:0.28043478532978%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg

Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 78.6kcal (3.93%), Fat: 0.1g (0.15%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 20.3g (6.77%), Net Carbohydrates: 20.11g (7.31%), Sugar: 19.64g (21.82%), Cholesterol: 0.04mg (0.01%), Sodium: 1.56mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.14%), Vitamin C: 0.88mg (1.07%)