



Plum & raspberry jam



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



435 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 kg jam sugar
- ☐ 500 g plums roughly chopped
- ☐ 1 juice of lemon
- ☐ 500 g raspberries

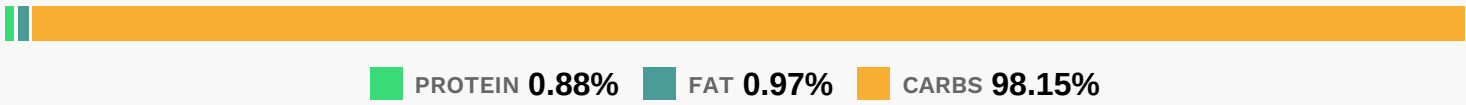
Equipment

- ☐ frying pan
- ☐ kitchen thermometer

Directions

- ☐ Tip the sugar into a heavy preserving pan or flameproof dish with the plums, lemon juice and half the raspberries.
- ☐ Heat until the sugar has dissolved, then bring to the boil and simmer for a few mins until the plums are tender.
- ☐ Add the rest of the raspberries to the pan.
- ☐ Place a jam thermometer in the pan, bring to the boil, then cook over a high heat until the temperature reaches 104C. Alternatively, put a small plate in the fridge or freezer until really cold. Once the jam has been boiling for 10 mins and looks thick and syrupy, turn off the heat and pour a spoonful onto the plate. The jam is ready when it wrinkles as you push it with your finger; be careful not to burn yourself. If the jam is not ready, boil for another 3 mins, then repeat test as above, until it is ready.
- ☐ Allow to cool for about 5 mins. Skim the surface of any scum and pack into warm sterilised jars (see tip below). Cover with wax discs and lids. Will keep in the fridge or a cold larder for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:6.47, Glycemic Load:2.64, Inflammation Score:-3, Nutrition Score:4.5965217779512%

Flavonoids

Cyanidin: 25.7mg, Cyanidin: 25.7mg, Cyanidin: 25.7mg, Cyanidin: 25.7mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.49mg, Pelargonidin: 0.49mg, Pelargonidin: 0.49mg, Pelargonidin: 0.49mg Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg Catechin: 2.1mg, Catechin: 2.1mg, Catechin: 2.1mg, Catechin: 2.1mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg Epicatechin 3-gallate: 0.38mg, Epicatechin 3-gallate: 0.38mg, Epicatechin 3-gallate: 0.38mg, Epicatechin 3-gallate: 0.38mg Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 434.66kcal (21.73%), Fat: 0.47g (0.73%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 107.36g (35.79%), Net Carbohydrates: 103.4g (37.6%), Sugar: 102.75g (114.16%), Cholesterol: 0mg (0%), Sodium: 0.53mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.92%), Vitamin C: 19.01mg (23.04%), Manganese: 0.36mg (18.07%), Fiber: 3.96g (15.84%), Vitamin K: 7.1µg (6.76%), Potassium: 157.09mg (4.49%), Vitamin E: 0.57mg (3.8%), Vitamin A: 189.18IU (3.78%), Copper: 0.07mg (3.7%), Magnesium: 14.68mg (3.67%), Folate: 13.6µg (3.4%), Vitamin B3: 0.51mg (2.55%), Iron: 0.43mg (2.4%), Vitamin B5: 0.24mg (2.36%), Phosphorus: 22.74mg (2.27%), Vitamin B6: 0.04mg (2.17%), Vitamin B1: 0.03mg (2.05%), Vitamin B2: 0.03mg (1.91%), Zinc: 0.26mg (1.74%), Calcium: 15.68mg (1.57%)