



Pluot Jam



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



54 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 4 teaspoons balsamic vinegar ()
- ☐ 1 pinch pepper black
- ☐ 0.1 teaspoon coarse kosher salt
- ☐ 2 tablespoons chives fresh chopped
- ☐ 0.5 teaspoon rosemary fresh finely minced
- ☐ 3 tablespoons honey
- ☐ 1 tablespoon juice of lemon ()

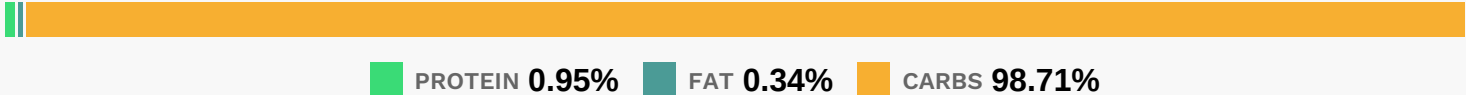
Equipment

sauce pan

Directions

Place Pluots, honey, 4 teaspoons vinegar,1 tablespoon lemon juice, lemon peel,rosemary, coarse salt, and pinch of pepperin small saucepan. Bring to boil overmedium–high heat, stirring. Reduce heatto medium–low. Simmer until fruit hasbroken down and mixture is thick, stirringoccasionally, about 20 minutes. Cool.Adjust seasonings; add chives.

Nutrition Facts



Properties

Glycemic Index:44.82, Glycemic Load:7.21, Inflammation Score:-1, Nutrition Score:0.64260869618991%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 53.63kcal (2.68%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.03%), Carbohydrates: 14.17g (4.72%), Net Carbohydrates: 14.08g (5.12%), Sugar: 13.8g (15.33%), Cholesterol: 0mg (0%), Sodium: 74.54mg (3.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.27%), Vitamin K: 3.24µg (3.08%), Vitamin C: 2.4mg (2.91%), Manganese: 0.03mg (1.43%), Vitamin A: 66.02IU (1.32%)