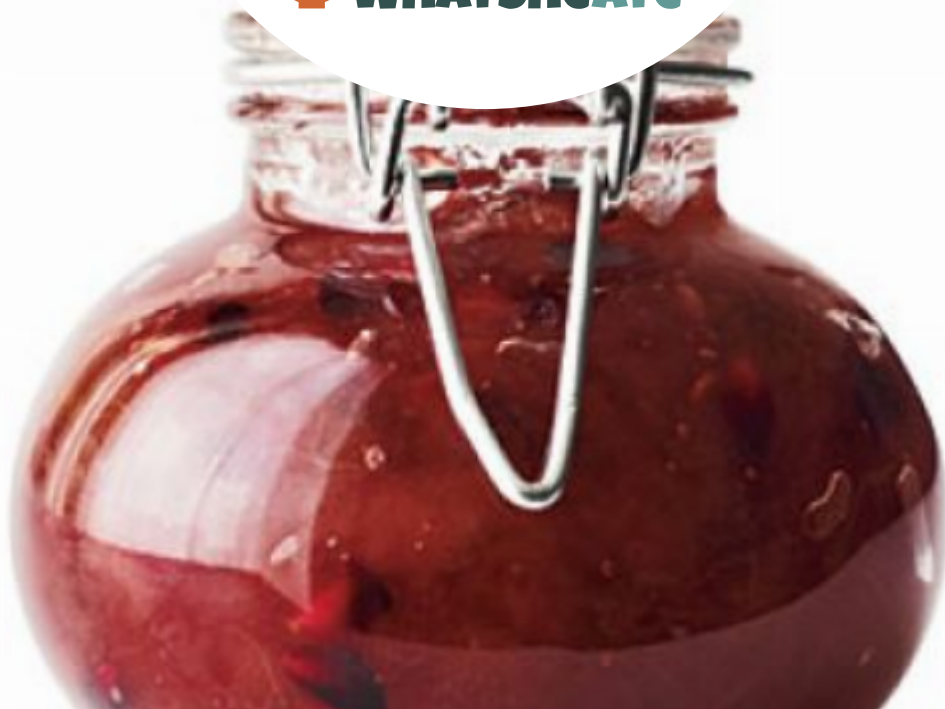




Pomegranate and Pear Jam



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



252 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 teaspoon butter
- ☐ 1 teaspoon rosemary leaves fresh minced
- ☐ 2 tablespoons premium fruit pectin for less- or no-sugar recipes (such as sure-jell in pink box)
- ☐ 1 tablespoon lemon zest grated
- ☐ 2 cups pears peeled chopped (or other)
- ☐ 0.7 cup pomegranate juice fresh (2 pomegranates)
- ☐ 0.3 cup pomegranate seeds
- ☐ 2 cups sugar

☐ 0.3 cup cooking wine

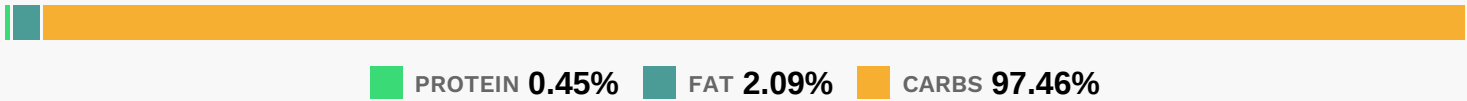
Equipment

- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Combine sugar, pear, pomegranate juice, and wine in a large saucepan over medium heat; stir until sugar melts. Bring to a simmer; simmer 25 minutes or until pear is tender.
- ☐ Remove from heat; mash with a potato masher.
- ☐ Add pomegranate seeds and butter; bring to a boil. Stir in fruit pectin. Return mixture to a boil; cook 1 minute, stirring constantly.
- ☐ Remove from heat; stir in lemon rind and rosemary. Cool to room temperature. Cover and chill overnight.

Nutrition Facts



Properties

Glycemic Index:29.86, Glycemic Load:37.23, Inflammation Score:-1, Nutrition Score:1.8113043441883%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 251.75kcal (12.59%), Fat: 0.6g (0.93%), Saturated Fat: 0.19g (1.21%), Carbohydrates: 63.26g (21.09%), Net Carbohydrates: 61.39g (22.32%), Sugar: 57.23g (63.59%), Cholesterol: 0.67mg (0.22%), Sodium: 12.75mg (0.55%), Alcohol: 0.78g (100%), Alcohol %: 0.77% (100%), Protein: 0.29g (0.58%), Fiber: 1.87g (7.49%), Vitamin K: 4.79µg (4.56%), Vitamin C: 3.24mg (3.93%), Copper: 0.07mg (3.29%), Potassium: 113.23mg (3.24%), Manganese: 0.06mg (2.96%), Folate: 9.98µg (2.49%), Vitamin B2: 0.03mg (1.79%), Iron: 0.27mg (1.49%), Vitamin B6: 0.03mg (1.48%), Magnesium: 5.88mg (1.47%), Vitamin E: 0.17mg (1.11%), Vitamin B5: 0.11mg (1.08%), Phosphorus: 10.7mg (1.07%)