



Pomegranate Jelly

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



11

CALORIES



577 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 juice of lemon juiced
- 6 fluid ounce liquid pectin
- 4 cups pomegranate juice
- 7.5 cups sugar white

Equipment

- sauce pan
- ladle

Directions

- Combine pomegranate and lemon juice with sugar in a large, stainless steel saucepan. Bring to boil over high heat, and at once stir in liquid pectin. Bring to a full rolling boil, and boil exactly 1/2 minute.
- Remove from heat, and skim off foam.
- Ladle into hot, sterilized jars to within about 1/4 inch of the top. Seal, and process in a boiling water canner for 5 minutes.

Nutrition Facts

 PROTEIN **0.1%**  FAT **1.07%**  CARBS **98.83%**

Properties

Glycemic Index:6.37, Glycemic Load:95.2, Inflammation Score:1, Nutrition Score:2.1465217527002%

Flavonoids

Cyanidin: 2.17mg, Cyanidin: 2.17mg, Cyanidin: 2.17mg, Cyanidin: 2.17mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 576.87kcal (28.84%), Fat: 0.71g (1.1%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 148.39g (49.46%), Net Carbohydrates: 147.95g (53.8%), Sugar: 147.64g (164.04%), Cholesterol: 0mg (0%), Sodium: 9.57mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.31%), Vitamin K: 9.42µg (8.97%), Potassium: 202.11mg (5.77%), Folate: 22.82µg (5.71%), Manganese: 0.09mg (4.61%), Vitamin C: 2.2mg (2.67%), Vitamin B5: 0.27mg (2.65%), Vitamin B2: 0.04mg (2.37%), Vitamin E: 0.35mg (2.35%), Vitamin B6: 0.04mg (1.94%), Fiber: 0.45g (1.78%), Magnesium: 6.67mg (1.67%), Selenium: 1.1µg (1.56%), Copper: 0.03mg (1.47%), Calcium: 11.65mg (1.17%), Vitamin B3: 0.22mg (1.08%), Phosphorus: 10.4mg (1.04%)