



Quick Blackberry Jam

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



18 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 cups blackberries
- 1 tablespoon cornstarch
- 0.5 cup crème de cassis black currant-flavored (liqueur)
- 3 tablespoons juice of lemon fresh
- 2 tablespoons sugar
- 0.3 cup water

Equipment

- bowl

sauce pan

whisk

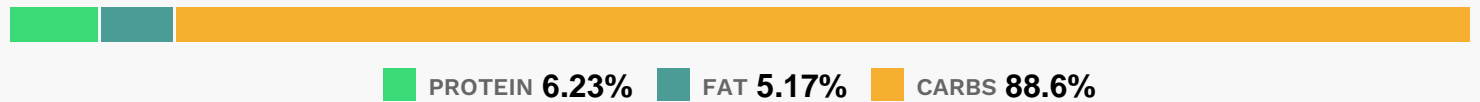
Directions

Combine blackberries, liqueur, sugar, and juice in a medium saucepan over medium heat. Cook 8 minutes or until berries begin to soften; stir frequently.

Combine water and cornstarch in a small bowl, stirring with a whisk; stir into berry mixture. Bring to a boil; cook 1 minute or until thick, stirring constantly. Cool; pour into an airtight container. Cover and chill.

Note: Refrigerate jam in an airtight container for up to two weeks.

Nutrition Facts



Properties

Glycemic Index:5.94, Glycemic Load:1.24, Inflammation Score:-2, Nutrition Score:1.7778260869824%

Flavonoids

Cyanidin: 20.18mg, Cyanidin: 20.18mg, Cyanidin: 20.18mg, Cyanidin: 20.18mg Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg Delphinidin: 3.14mg, Delphinidin: 3.14mg, Delphinidin: 3.14mg, Delphinidin: 3.14mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 6.7mg, Catechin: 6.7mg, Catechin: 6.7mg, Catechin: 6.7mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 18.24kcal (0.91%), Fat: 0.11g (0.18%), Saturated Fat: 0g (0.03%), Carbohydrates: 4.41g (1.47%), Net Carbohydrates: 3.45g (1.25%), Sugar: 2.45g (2.72%), Cholesterol: 0mg (0%), Sodium: 0.52mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.62%), Vitamin C: 11.2mg (13.58%), Manganese: 0.13mg (6.3%), Fiber: 0.97g (3.87%), Vitamin K: 3.56µg (3.39%), Copper: 0.03mg (1.71%), Vitamin E: 0.25mg (1.67%), Folate: 5.06µg (1.27%), Potassium: 43.37mg (1.24%), Magnesium: 4.66mg (1.17%)