



## Quince Jam

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



90 min.

SERVINGS



5

CALORIES



619 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- ☐ 4.3 cups water
- ☐ 0.3 cup juice of lemon
- ☐ 1 Tbsp lemon zest
- ☐ 4 cups sugar

## Equipment

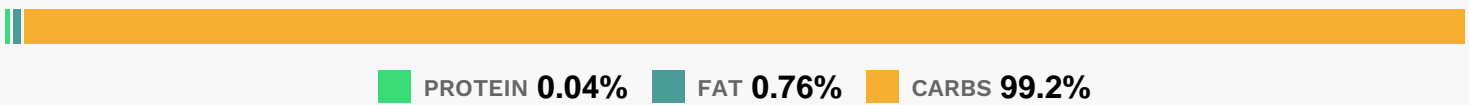
- ☐ bowl
- ☐ sauce pan
- ☐ ladle

- ☐ oven
- ☐ grater
- ☐ canning jar

## Directions

- ☐ Prep and grate the quince: Prepare the quince by washing and cutting in half. Working around the core, grate the quince flesh (including the peel) with a cheese grater, until you have about 6 cups of grated quince.
- ☐ Simmer grated quince in water with lemon juice and zest until soft: Put 4 1/4 cups of water in a large (6–8 quart), wide, thick-bottomed saucepan and bring to a boil.
- ☐ Add the grated quince, lemon juice and lemon zest. Reduce heat and simmer until the quince is soft, about 10 minutes.
- ☐ Add the sugar and bring to a boil again. Stir to dissolve all of the sugar. Lower the heat to medium high.
- ☐ Cook uncovered, stirring occasionally until quince jam turns pink and thickens to desired consistency, about 30–50 minutes.
- ☐ Ladle into jars and seal: Ladle into hot, sterilized canning jars\* and seal. Before applying the lids, sterilize the lids by placing them in a bowl and pouring boiling water over them. Wipe the rims of the jars clean before applying the lids.
- ☐ \* To sterilize the jars, rinse out the jars, dry them, and place them, without lids, in a 200°F oven for 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:14.02, Glycemic Load:111.7, Inflammation Score:1, Nutrition Score:0.8365217336332%

## Flavonoids

Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 619.25kcal (30.96%), Fat: 0.54g (0.84%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 160.39g (53.46%),  
Net Carbohydrates: 160.23g (58.27%), Sugar: 160.04g (177.82%), Cholesterol: 0mg (0%), Sodium: 11.85mg (0.52%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.12%), Vitamin C: 6.27mg (7.6%), Copper: 0.05mg  
(2.32%), Vitamin B2: 0.03mg (1.95%), Selenium: 0.98µg (1.4%)