



Quince Jam

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



781 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup juice of lemon
- ☐ 1 Tbsp lemon zest
- ☐ 6 cups quinces packed grated rinsed () (discard cores, leave peel on) (5 quince)
- ☐ 4 cups sugar
- ☐ 4.3 cups water

Equipment

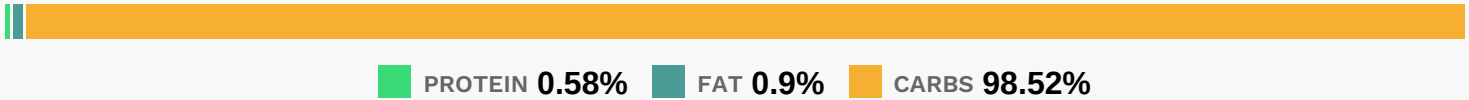
- ☐ bowl
- ☐ sauce pan

- ☐ ladle
- ☐ oven
- ☐ grater
- ☐ canning jar

Directions

- ☐ 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. 2 Put water in a large, wide, thick-bottomed saucepan (6–8 quarts) 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. 3
- ☐ 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.4 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:21.02, Glycemic Load:125.01, Inflammation Score:-3, Nutrition Score:7.7717391829128%

Flavonoids

Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg Epicatechin: 1.9mg, Epicatechin: 1.9mg, Epicatechin: 1.9mg, Epicatechin: 1.9mg 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 Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 781.07kcal (39.05%), Fat: 0.83g (1.28%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 203.83g (67.94%), Net Carbohydrates: 198.27g (72.1%), Sugar: 160.04g (177.82%), Cholesterol: 0mg (0%), Sodium: 23.21mg (1.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.39%), Vitamin C: 48.86mg (59.22%), Fiber: 5.56g

(22.23%), Copper: 0.42mg (20.78%), Potassium: 576.98mg (16.49%), Iron: 2.09mg (11.59%), Vitamin B2: 0.12mg (6.96%), Magnesium: 25.64mg (6.41%), Vitamin B6: 0.12mg (6.06%), Phosphorus: 49.38mg (4.94%), Calcium: 41.2mg (4.12%), Vitamin B1: 0.06mg (4.03%), Selenium: 2.68µg (3.83%), Vitamin B3: 0.58mg (2.92%), Folate: 11.11µg (2.78%), Vitamin B5: 0.25mg (2.5%), Vitamin A: 114.89IU (2.3%), Zinc: 0.16mg (1.06%)