



Quince-Lemon Marmalade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



122 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 optional: lemon seeded coarsely chopped
- ☐ 1.5 pounds quinces cored peeled chopped
- ☐ 2 cups sugar
- ☐ 1 inch vanilla pod split
- ☐ 2 cups water

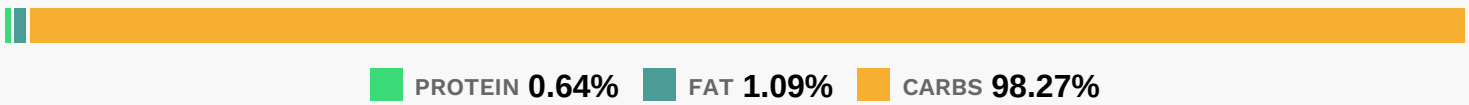
Equipment

- ☐ food processor
- ☐ sauce pan

Directions

- ☐ Place quince and lemon in a food processor; pulse 10 times or until finely chopped.
- ☐ Place quince mixture, sugar, water, and vanilla in a large, heavy saucepan. Bring to a boil; reduce heat, and simmer 55 minutes or until reduced to about 3 1/2 cups. Cool; pour into an airtight container.
- ☐ Note: Refrigerate marmalade in an airtight container up to two months.

Nutrition Facts



Properties

Glycemic Index:8.16, Glycemic Load:19.5, Inflammation Score:-1, Nutrition Score:1.2482608572135%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg Hesperetin: 0.94mg, Hesperetin: 0.94mg, Hesperetin: 0.94mg, Hesperetin: 0.94mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 121.84kcal (6.09%), Fat: 0.16g (0.24%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 31.76g (10.59%), Net Carbohydrates: 30.86g (11.22%), Sugar: 25.03g (27.82%), Cholesterol: 0mg (0%), Sodium: 3.5mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.41%), Vitamin C: 8.17mg (9.9%), Fiber: 0.9g (3.61%), Copper: 0.06mg (3.15%), Potassium: 88.93mg (2.54%), Iron: 0.33mg (1.84%), Vitamin B2: 0.02mg (1.07%)