



Raspberry-Almond Jam

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



139 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 teaspoon almond extract
- 0.5 cup amaretto (almond-flavored liqueur)
- 2 tablespoons juice of lime fresh
- 5 cups raspberries fresh
- 0.3 teaspoon salt
- 2 cups sugar

Equipment

- sauce pan

Directions

- Combine first 4 ingredients in a large saucepan; bring to a boil. Reduce heat, and simmer, uncovered, 40 minutes or until thick, stirring frequently.
- Remove from heat; stir in salt and extract. Cool; pour into airtight containers.
- Note: Refrigerate Raspberry–Almond Jam in airtight containers up to six weeks.

Nutrition Facts

PROTEIN 1.4% **FAT 2.36%** **CARBS 96.24%**

Properties

Glycemic Index:6.01, Glycemic Load:17.98, Inflammation Score:-1, Nutrition Score:2.5626086942528%

Flavonoids

Cyanidin: 17.16mg, Cyanidin: 17.16mg, Cyanidin: 17.16mg, Cyanidin: 17.16mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 139.11kcal (6.96%), Fat: 0.35g (0.53%), Saturated Fat: 0.02g (0.09%), Carbohydrates: 31.9g (10.63%), Net Carbohydrates: 29.46g (10.71%), Sugar: 29.02g (32.25%), Cholesterol: 0mg (0%), Sodium: 37.59mg (1.63%), Alcohol: 1.94g (100%), Alcohol %: 3.42% (100%), Protein: 0.47g (0.93%), Manganese: 0.25mg (12.7%), Vitamin C: 10.39mg (12.59%), Fiber: 2.44g (9.78%), Vitamin K: 2.94µg (2.8%), Vitamin E: 0.33mg (2.2%), Magnesium: 8.63mg (2.16%), Folate: 8.06µg (2.02%), Copper: 0.04mg (1.95%), Potassium: 61.63mg (1.76%), Iron: 0.28mg (1.54%), Vitamin B5: 0.13mg (1.26%), Vitamin B3: 0.24mg (1.19%), Vitamin B2: 0.02mg (1.19%), Phosphorus: 11.58mg (1.16%), Zinc: 0.16mg (1.09%), Vitamin B6: 0.02mg (1.07%)