



## Raspberry Jalapeno Jelly

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



1

CALORIES



2451 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 0.8 cup apple cider vinegar
- 0.5 cup bell pepper green chopped
- 0.3 cup jalapeno chopped
- 6 fluid ounce liquid pectin
- 1 cup raspberries fresh
- 3 cups sugar white

### Equipment

- sauce pan

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## Directions

- Sterilize jars and lids by immersing in boiling water for at least 5 minutes.
- In a saucepan, combine the raspberries, bell pepper, and jalapeno peppers with the sugar and cider vinegar. Bring to a boil over medium-high heat, and boil rapidly for 1 minute.
- Remove from heat and let stand for 5 minutes.
- Stir in the liquid pectin, and run the mixture through a strainer to remove bits of peppers.
- Pour the strained liquid into sterilized jars, and seal. Store in a cool dark place. Refrigerate after opening.

## Nutrition Facts

 PROTEIN 0.36%  FAT 1.04%  CARBS 98.6%

## Properties

Glycemic Index:178.09, Glycemic Load:421.7, Inflammation Score:-6, Nutrition Score:17.104347643645%

## Flavonoids

Cyanidin: 54.92mg, Cyanidin: 54.92mg, Cyanidin: 54.92mg, Cyanidin: 54.92mg Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg Delphinidin: 1.58mg, Delphinidin: 1.58mg, Delphinidin: 1.58mg, Delphinidin: 1.58mg Malvidin: 0.16mg, Malvidin: 0.16mg, Malvidin: 0.16mg, Malvidin: 0.16mg Pelargonidin: 1.18mg, Pelargonidin: 1.18mg, Pelargonidin: 1.18mg, Pelargonidin: 1.18mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg Luteolin: 3.81mg, Luteolin: 3.81mg, Luteolin: 3.81mg, Luteolin: 3.81mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg

## Nutrients (% of daily need)

Calories: 2450.98kcal (122.55%), Fat: 2.91g (4.48%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 622.19g (207.4%), Net Carbohydrates: 608.77g (221.37%), Sugar: 607.54g (675.04%), Cholesterol: 0mg (0%), Sodium: 19.07mg (0.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.57%), Vitamin C: 118.02mg (143.06%), Manganese: 1.39mg (69.35%), Fiber: 13.42g (53.69%), Vitamin K: 19.04µg (18.13%), Vitamin B6: 0.33mg (16.36%), Potassium: 510.23mg (14.58%), Vitamin E: 2.13mg (14.17%), Magnesium: 46.19mg (11.55%), Vitamin B2: 0.2mg

(11.54%), Copper: 0.22mg (11.19%), Vitamin A: 557.8IU (11.16%), Iron: 1.8mg (9.98%), Folate: 38.72µg (9.68%), Phosphorus: 69.89mg (6.99%), Vitamin B3: 1.36mg (6.82%), Vitamin B1: 0.09mg (5.99%), Selenium: 4.11µg (5.87%), Calcium: 58.7mg (5.87%), Vitamin B5: 0.54mg (5.39%), Zinc: 0.76mg (5.09%)