



Raspberry Jam



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



16 min.

SERVINGS



6

CALORIES



793 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 1.8 ounces premium fruit pectin
- ☐ 4 cups golden kiwi red crushed (2 cups)
- ☐ 5.3 cups sugar
- ☐ 0.8 cup water

Equipment

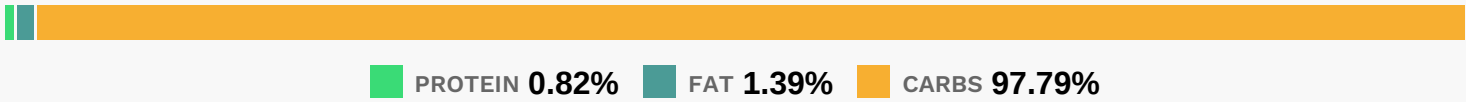
- ☐ bowl

☐ sauce pan

Directions

- ☐ Mix raspberries, sugar, lemon peel and lemon juice in large bowl.
- ☐ Let stand at room temperature 10 minutes, stirring occasionally.
- ☐ Mix water and pectin in 1-quart saucepan.
- ☐ Heat to boiling, stirring constantly. Boil and stir 1 minute.
- ☐ Pour hot pectin mixture over raspberries; stir 3 minutes or until slightly thickened.
- ☐ Immediately spoon into freezer containers, leaving 1/2-inch headspace. Wipe rims of containers; seal.
- ☐ Let stand at room temperature 24 hours. Store in refrigerator up to 3 weeks or in freezer up to 6 months. Thaw frozen jam and stir before serving.

Nutrition Facts



Properties

Glycemic Index:20.46, Glycemic Load:131.31, Inflammation Score:-5, Nutrition Score:12.337391371312%

Flavonoids

Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 792.73kcal (39.64%), Fat: 1.29g (1.98%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 204.06g (68.02%), Net Carbohydrates: 198.59g (72.21%), Sugar: 188.9g (209.89%), Cholesterol: 0mg (0%), Sodium: 27.69mg (1.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.42%), Vitamin C: 119mg (144.25%), Vitamin K: 63.56µg (60.54%), Fiber: 5.47g (21.87%), Vitamin E: 2.05mg (13.7%), Copper: 0.26mg (13.18%), Folate: 41.61µg (10.4%), Potassium: 319.22mg (9.12%), Manganese: 0.17mg (8.38%), Magnesium: 25.79mg (6.45%), Calcium: 58.79mg

(5.88%), Phosphorus: 54.01mg (5.4%), Vitamin B6: 0.1mg (4.92%), Vitamin B2: 0.08mg (4.6%), Iron: 0.69mg (3.85%), Vitamin B5: 0.3mg (3.02%), Vitamin B1: 0.04mg (2.93%), Vitamin B3: 0.59mg (2.93%), Vitamin A: 137.7IU (2.75%), Selenium: 1.37µg (1.96%), Zinc: 0.28mg (1.88%)