



Raspberry Jam



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



16 min.

SERVINGS



6

CALORIES



743 kcal

CONDIMENT

DIP

SPREAD

Ingredients

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

Equipment

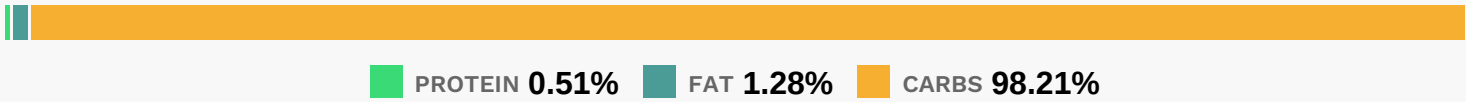
- ☐ bowl

☐ 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:16.02, Glycemic Load:123.29, Inflammation Score:-1, Nutrition Score:5.8786957082541%

Flavonoids

Cyanidin: 36.62mg, Cyanidin: 36.62mg, Cyanidin: 36.62mg, Cyanidin: 36.62mg Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 1.06mg, Delphinidin: 1.06mg, Delphinidin: 1.06mg, Delphinidin: 1.06mg Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Pelargonidin: 0.78mg, Pelargonidin: 0.78mg, Pelargonidin: 0.78mg, Pelargonidin: 0.78mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg 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 Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 742.85kcal (37.14%), Fat: 1.11g (1.71%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 191.49g (63.83%), Net Carbohydrates: 185.56g (67.48%), Sugar: 178.26g (198.06%), Cholesterol: 0mg (0%), Sodium: 20.6mg (0.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (1.99%), Manganese: 0.55mg (27.45%), Vitamin C: 22.14mg (26.84%), Fiber: 5.94g (23.75%), Copper: 0.12mg (6.21%), Vitamin K: 6.24µg (5.94%), Iron: 0.87mg (4.82%), Vitamin E: 0.7mg (4.67%), Magnesium: 18.15mg (4.54%), Folate: 17.4µg (4.35%), Vitamin B2: 0.07mg (4.07%), Potassium: 127.72mg (3.65%), Vitamin B5: 0.28mg (2.76%), Zinc: 0.4mg (2.65%), Vitamin B3: 0.48mg (2.41%), Phosphorus: 23.59mg (2.36%), Calcium: 23.59mg (2.36%), Vitamin B6: 0.05mg (2.31%), Vitamin B1: 0.03mg (1.8%), Selenium: 1.21µg (1.73%)