



Raspberry Lime Chia Jam



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



28 kcal

CONDIMENT

DIP

SPREAD

Ingredients



1.5 tablespoons chia seeds



1 tablespoon honey



1 juice of lime



8 ounces raspberries frozen divided

Equipment

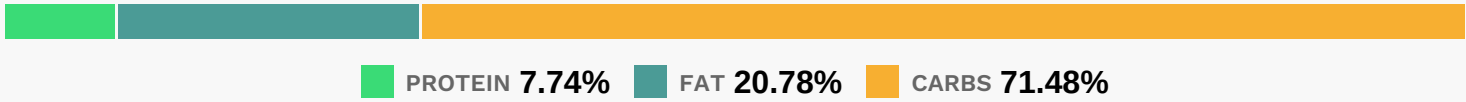


sauce pan

Directions

- ☐ In your smallest saucepan, warm 1 cup of raspberries over low heat, covered, just until they appear fully defrosted and have begun to give up their juice.
- ☐ Remove berries from heat and stir in honey until fully melted and berries have broken up into a uniform texture.
- ☐ Stir in lime juice and chia seeds. Allow to sit undisturbed until chia seeds have bloomed, about ten minutes.
- ☐ Gently fold in remaining cup of raspberries. Store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:1.22, Inflammation Score:-1, Nutrition Score:2.2334782384012%

Flavonoids

Cyanidin: 10.38mg, Cyanidin: 10.38mg, Cyanidin: 10.38mg, Cyanidin: 10.38mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 27.68kcal (1.38%), Fat: 0.7g (1.08%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 5.44g (1.81%), Net Carbohydrates: 3.33g (1.21%), Sugar: 2.78g (3.09%), Cholesterol: 0mg (0%), Sodium: 0.66mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.18%), Manganese: 0.2mg (10.16%), Fiber: 2.11g (8.44%), Vitamin C: 6.88mg (8.34%), Magnesium: 11.3mg (2.83%), Phosphorus: 22.56mg (2.26%), Copper: 0.04mg (1.93%), Calcium: 17.57mg (1.76%), Iron: 0.31mg (1.71%), Vitamin K: 1.79µg (1.7%), Selenium: 1.06µg (1.51%), Vitamin B3: 0.3mg (1.51%), Folate: 5.99µg (1.5%), Vitamin E: 0.21mg (1.42%), Potassium: 46.17mg (1.32%), Vitamin B1: 0.02mg (1.28%), Zinc:

0.18mg (1.23%)