



Raspberry Preserves



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



880 kcal

CONDIMENT

DIP

SPREAD

Ingredients



1 cup currants black



2 tablespoons juice of lemon



2 pounds raspberries fresh



5 cups sugar

Equipment



dutch oven

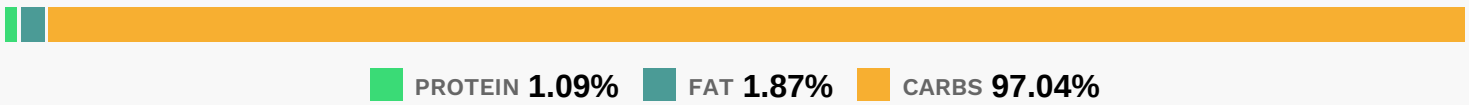


candy thermometer

Directions

- ☐ Combine first 3 ingredients in a large stainless steel Dutch oven. Bring to a boil; cook 5 minutes, stirring occasionally.
- ☐ Add sugar; bring to a boil. Cook over medium heat until a candy thermometer registers 220, stirring occasionally.
- ☐ Remove from heat; cool completely.
- ☐ Pour preserves into airtight containers; store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:19.22, Glycemic Load:142.17, Inflammation Score:-6, Nutrition Score:14.813043532164%

Flavonoids

Cyanidin: 97.03mg, Cyanidin: 97.03mg, Cyanidin: 97.03mg, Cyanidin: 97.03mg Petunidin: 1.43mg, Petunidin: 1.43mg, Petunidin: 1.43mg, Petunidin: 1.43mg Delphinidin: 22.47mg, Delphinidin: 22.47mg, Delphinidin: 22.47mg, Delphinidin: 22.47mg Malvidin: 0.24mg, Malvidin: 0.24mg, Malvidin: 0.24mg, Malvidin: 0.24mg Pelargonidin: 2.04mg, Pelargonidin: 2.04mg, Pelargonidin: 2.04mg, Pelargonidin: 2.04mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 6.49mg, Epicatechin: 6.49mg, Epicatechin: 6.49mg, Epicatechin: 6.49mg Epigallocatechin 3-gallate: 0.98mg, Epigallocatechin 3-gallate: 0.98mg, Epigallocatechin 3-gallate: 0.98mg, Epigallocatechin 3-gallate: 0.98mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 1.39mg, Myricetin: 1.39mg, Myricetin: 1.39mg, Myricetin: 1.39mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 879.78kcal (43.99%), Fat: 1.93g (2.96%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 224.65g (74.88%), Net Carbohydrates: 212.84g (77.4%), Sugar: 207.77g (230.86%), Cholesterol: 0mg (0%), Sodium: 4.32mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.02%), Vitamin C: 90.4mg (109.58%), Manganese: 1.28mg (64.08%), Fiber: 11.81g (47.25%), Vitamin K: 14.15µg (13.48%), Vitamin E: 1.81mg (12.08%), Magnesium: 45.65mg (11.41%), Potassium: 356.28mg (10.18%), Copper: 0.2mg (9.88%), Folate: 39.3µg (9.83%), Iron: 1.7mg

(9.45%), Vitamin B2: 0.12mg (7%), Vitamin B5: 0.69mg (6.94%), Phosphorus: 66.31mg (6.63%), Calcium: 60.04mg (6%), Vitamin B6: 0.12mg (5.87%), Vitamin B3: 1.16mg (5.79%), Zinc: 0.85mg (5.64%), Vitamin B1: 0.07mg (4.71%), Vitamin A: 111.75IU (2.24%), Selenium: 1.57µg (2.24%)