



Red Pepper Jelly

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN

ready

45 min.

SERVINGS

servings

20

CALORIES

calories

188 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 12 ounces anaheim chiles diced finely
- ☐ 3 ounces liquid pectin do not use low-sugar pectin
- ☐ 4.5 pounds bell peppers diced red finely
- ☐ 0.5 teaspoon salt
- ☐ 4 cups sugar
- ☐ 1 cup citrus champagne vinegar

Equipment

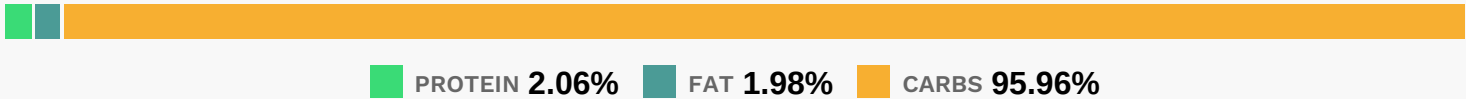
- ☐ bowl

- ☐ sauce pan
- ☐ ladle
- ☐ wooden spoon

Directions

- ☐ In a large saucepan, combine the bell peppers, Anaheims, sugar, vinegar and salt and bring to a boil. Simmer over moderately high heat, stirring occasionally, until the peppers are softened, 20 to 25 minutes.
- ☐ Increase the heat to high and quickly stir in the pectin. Boil for 1 minute, then remove from the heat. Using a wooden spoon, stir the mixture just until the foam subsides, then immediately ladle the jelly into a heatproof bowl or jars.
- ☐ Let cool completely, then cover and refrigerate until set, at least 12 hours.

Nutrition Facts



Properties

Glycemic Index:5.1, Glycemic Load:29.21, Inflammation Score:-9, Nutrition Score:11.302608725817%

Flavonoids

Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 187.87kcal (9.39%), Fat: 0.43g (0.67%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 47.25g (15.75%), Net Carbohydrates: 44.46g (16.17%), Sugar: 44.77g (49.75%), Cholesterol: 0mg (0%), Sodium: 120.22mg (5.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.03%), Vitamin C: 132.74mg (160.89%), Vitamin A: 3195.44IU (63.91%), Vitamin B6: 0.3mg (14.85%), Folate: 46.95µg (11.74%), Fiber: 2.79g (11.18%), Vitamin E: 1.61mg (10.75%), Potassium: 220.82mg (6.31%), Manganese: 0.12mg (6.08%), Vitamin B2: 0.09mg (5.55%), Vitamin B3: 1mg (5%), Vitamin K: 5µg (4.76%), Vitamin B1: 0.06mg (3.67%), Vitamin B5: 0.32mg (3.24%), Magnesium: 12.73mg (3.18%), Iron: 0.51mg (2.85%), Phosphorus: 27.49mg (2.75%), Zinc: 0.26mg (1.75%), Copper: 0.02mg (1.07%)