

## Red Raspberry Jam

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



55

CALORIES



99 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 4 cups raspberries fresh
- 1.8 ounces premium fruit pectin
- 2 tablespoons juice of lemon freshly squeezed
- 6.5 cups sugar

### Equipment

- frying pan
- sauce pan
- ladle

- wire rack
- pot
- wooden spoon
- tongs
- funnel

## Directions

- Place a round wire rack in the bottom of a large stockpot. The rack should fit as snugly as possible and should stand 1/2 to 1 inch above the bottom of the pot. Wash five half-pint jars, lids, and screw bands with hot, soapy water; rinse well. Stand the glass jars on the rack, and add the lids; it's not necessary to add the screw bands. Fill the pot with enough water to cover jars by 1 to 2 inches; an additional 1 to 2 inches of space should remain below the rim of the pot so the water doesn't overflow. Cover, and bring the water to a simmer (180 degrees; let the lids and jars simmer 10 minutes. (The lids and jars can continue to simmer until you're ready to fill them.)
- Using a wooden spoon, lightly crush raspberries in a large, heavy saucepan.
- Place the pan over high heat, and add pectin and lemon juice. Bring to a boil, stirring constantly. Slowly add sugar, stirring until dissolved. Return the mixture to a boil, and let cook for 1 minute.
- Remove from the heat.
- Using a jar lifter, remove a jar from the simmering water, and empty the water back into the stockpot.
- Place the jar on a clean surface, and insert a canning funnel. Using a ladle, pour the jam through the funnel into the jar; fill to within 1/4 inch of the rim.
- Remove the funnel; wipe the rim with a clean, damp towel. Using the tongs, lift a lid from the hot water; place the lid, sealant side down, on the filled jar. Screw down the band, and tighten firmly, being careful not to force it. With the lifter, stand the filled jar in the simmering water. Repeat with the remaining jam and jars, making sure the jars aren't touching the sides of the pot and are spaced about 1 inch apart.
- Raise the heat to high, cover the stockpot, and bring the water to a boil. Process the jars in the boiling water for 10 minutes.
- Remove the jars from the water bath with the jar lifter, and transfer them to a wire rack to cool for 24 hours. As the jam cools, a vacuum will form inside the jar, sealing it; you might hear

a popping sound. A slight indentation in the lid indicates the vacuum seal; the lid should not flex up and down when pressed firmly with a finger. Store in a cool, dry, dark place for up to 1 year.

## Nutrition Facts

■ PROTEIN 0.42% ■ FAT 1.19% ■ CARBS 98.39%

### Properties

Glycemic Index:1.75, Glycemic Load:16.62, Inflammation Score:-1, Nutrition Score:0.6521739076985%

### Flavonoids

Cyanidin: 3.99mg, Cyanidin: 3.99mg, Cyanidin: 3.99mg, Cyanidin: 3.99mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg 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: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

### Nutrients (% of daily need)

Calories: 98.59kcal (4.93%), Fat: 0.14g (0.21%), Saturated Fat: 0g (0.01%), Carbohydrates: 25.43g (8.48%), Net Carbohydrates: 24.79g (9.01%), Sugar: 23.99g (26.65%), Cholesterol: 0mg (0%), Sodium: 2.13mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.22%), Vitamin C: 2.5mg (3.03%), Manganese: 0.06mg (3.01%), Fiber: 0.65g (2.59%)