

Remake Directions for CERTO Cooked Jam or Jelly

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



1500 min.

SERVINGS



1

CALORIES



1109 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1.5 tsp certo fruit pectin
- 1 cup your jam
- 1.5 tsp juice of lemon fresh
- 3 Tbsp sugar

Equipment

- sauce pan
- ladle

pot

Directions

- PREPARE JAR: Wash one half-pint jar and screw band in hot soapy water; rinse with warm water.
- Pour boiling water over one flat lid in saucepan off the heat.
- Let stand in hot water until ready to use.
- Drain well before filling.
- PREPARE A TRIAL BATCH: Measure jam or jelly into small (1-qt.) saucepan. Bring mixture to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly.
- Add sugar, lemon juice and pectin; stir until well blended. Return to full rolling boil, stirring constantly.
- Remove from heat. Skim off any foam with metal spoon. Immediately pour into sterilized jar. Cover and let stand up to 24 hours to check set of jam or jelly. Meanwhile, store opened pouch of pectin in refrigerator. Store jar of jam or jelly from trial batch in refrigerator.
- PREPARE REMAINDER OF BATCH: If Trial Batch sets satisfactorily, prepare remainder of batch in 6- to 8-qt. stockpot, remaking no more than 8 cups of jam or jelly at one time and using same directions as for Trial Batch with the above-listed measures of sugar, lemon juice and pectin for each 1 cup of jam or jelly. Ladle into sterilized jars, filling to within 1/4 inch of tops. Wipe jar rims and threads. Cover with two-piece lids. Screw bands tightly.
- PROCESS JARS: Bring boiling-water canner, half full with water, to simmer.
- Place jars on elevated rack in canner. Lower rack into canner. (Water must cover jars by 1 to 2 inches.
- Add boiling water, if necessary.) Cover; bring water to gentle boil. Process 5 min. for jelly; 10 min. for jam.
- Remove jars and place upright on towel to cool completely. After jars cool, check seals by pressing middle of lids with finger. (If lid springs back, lid is not sealed and refrigeration is necessary.) Discard any leftover pectin in opened pouch.

Nutrition Facts

PROTEIN 0.47% **FAT 0.32%** **CARBS 99.21%**

Properties

Glycemic Index:125.09, Glycemic Load:151.92, Inflammation Score:-1, Nutrition Score:7.2856520833043%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1109.48kcal (55.47%), Fat: 0.39g (0.61%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 277.32g (92.44%), Net Carbohydrates: 272.92g (99.24%), Sugar: 201.02g (223.35%), Cholesterol: 0mg (0%), Sodium: 124.02mg (5.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.61%), Vitamin C: 32.82mg (39.78%), Copper: 0.37mg (18.74%), Fiber: 4.4g (17.59%), Vitamin B2: 0.27mg (15.93%), Iron: 1.89mg (10.5%), Selenium: 7.02µg (10.03%), Folate: 38.97µg (9.74%), Potassium: 270.76mg (7.74%), Manganese: 0.14mg (7.18%), Calcium: 69.33mg (6.93%), Phosphorus: 65.35mg (6.53%), Vitamin B1: 0.06mg (3.79%), Vitamin B6: 0.07mg (3.61%), Magnesium: 14.12mg (3.53%), Vitamin E: 0.42mg (2.79%), Zinc: 0.25mg (1.64%)