

# Remake Directions for CERTO Freezer Jam or Jelly



Gluten Free



Dairy Free



Low Fod Map

READY IN



1455 min.

SERVINGS



15

CALORIES



74 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

- bowl

## Directions

- PREPARE CONTAINERS: Rinse clean plastic containers and lids with boiling water; dry thoroughly.
- PREPARE A TRIAL BATCH: Measure jam or jelly into small bowl.
- Add sugar and lemon juice; stir 3 min. or until sugar is completely dissolved.
- Add pectin; stir an additional 3 min. Immediately pour into one of the prepared containers. Cover and let stand up to 24 hours before checking to see if set. Meanwhile, store opened pouch of pectin in refrigerator.
- PREPARE REMAINDER OF BATCH: If Trial Batch sets satisfactorily, prepare remaining jam or jelly, remaking no more than 8 cups of jam or jelly at one time and using the 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.
- Pour into prepared containers. Discard any leftover pectin in opened pouch.

## Nutrition Facts

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

## Properties

Glycemic Index:8.34, Glycemic Load:10.13, Inflammation Score:0, Nutrition Score:0.48608695375531%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

## Nutrients (% of daily need)

Calories: 73.97kcal (3.7%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0.02%), Carbohydrates: 18.49g (6.16%), Net Carbohydrates: 18.19g (6.62%), Sugar: 13.4g (14.89%), Cholesterol: 0mg (0%), Sodium: 8.27mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.17%), Vitamin C: 2.19mg (2.65%), Copper: 0.03mg (1.25%), Fiber: 0.29g (1.17%), Vitamin B2: 0.02mg (1.06%)