

Remake Directions for CERTO Freezer Jam or Jelly

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

READY IN



1455 min.

SERVINGS



12

CALORIES



92 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:10.42, Glycemic Load:12.66, Inflammation Score:-1, Nutrition Score:0.60739130154252%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 92.46kcal (4.62%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0.02%), Carbohydrates: 23.11g (7.7%), Net Carbohydrates: 22.74g (8.27%), Sugar: 16.75g (18.61%), Cholesterol: 0mg (0%), Sodium: 10.34mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.22%), Vitamin C: 2.74mg (3.32%), Copper: 0.03mg (1.56%), Fiber: 0.37g (1.47%), Vitamin B2: 0.02mg (1.33%)