



Rhubarb Berry Jam

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

READY IN



30 min.

SERVINGS



4

CALORIES



1060 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 21 ounce blueberry filling canned
- 3 ounce raspberry jell-o® mix flavored
- 8 cups rhubarb fresh chopped
- 3 ounce strawberry jell-o flavored
- 3 cups sugar white

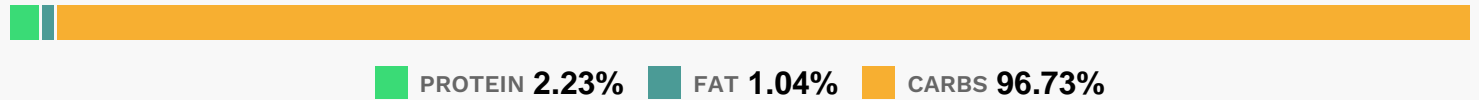
Equipment

- pot

Directions

- Combine the rhubarb, sugar and blueberry pie filling in a large pot. Bring to a rolling boil over medium-high heat, and boil for 10 minutes longer. Stir in dry gelatin mix until dissolved.
- Transfer to sterile jars or freezer tubs, and cool. Freeze any jam you don't intend to use right away.

Nutrition Facts



Properties

Glycemic Index:20.77, Glycemic Load:105.58, Inflammation Score:-3, Nutrition Score:14.251304460608%

Flavonoids

Catechin: 5.29mg, Catechin: 5.29mg, Catechin: 5.29mg, Catechin: 5.29mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epicatechin 3-gallate: 1.46mg, Epicatechin 3-gallate: 1.46mg, Epicatechin 3-gallate: 1.46mg, Epicatechin 3-gallate: 1.46mg

Nutrients (% of daily need)

Calories: 1060.15kcal (53.01%), Fat: 1.27g (1.95%), Saturated Fat: 0.13g (0.81%), Carbohydrates: 265.04g (88.35%), Net Carbohydrates: 256.78g (93.38%), Sugar: 245.23g (272.48%), Cholesterol: 0mg (0%), Sodium: 227.28mg (9.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.25%), Vitamin K: 77.3µg (73.62%), Manganese: 0.81mg (40.45%), Fiber: 8.26g (33.05%), Calcium: 252.8mg (25.28%), Potassium: 879.86mg (25.14%), Vitamin C: 20.56mg (24.92%), Copper: 0.28mg (13.93%), Magnesium: 45.01mg (11.25%), Phosphorus: 111.98mg (11.2%), Iron: 1.86mg (10.32%), Selenium: 7.03µg (10.04%), Vitamin B2: 0.17mg (9.98%), Vitamin E: 1mg (6.67%), Vitamin A: 281.62IU (5.63%), Vitamin B1: 0.08mg (5.62%), Vitamin B6: 0.1mg (5.11%), Folate: 19.84µg (4.96%), Vitamin B3: 0.87mg (4.36%), Vitamin B5: 0.35mg (3.5%), Zinc: 0.41mg (2.75%)