



Rhubarb Ginger Jam

 Vegetarian  Gluten Free  Low Fod Map

READY IN



75 min.

SERVINGS



30

CALORIES



81 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 3 tablespoons ginger root fresh minced
- 3 half-pint canning jars with lids and rings
- 2 tablespoons juice of lemon
- 4 cups rhubarb diced
- 3 cups sugar white

Equipment

- paper towels
- knife

- pot
- spatula

Directions

- Stir rhubarb, sugar, ginger, and lemon juice in a large pot and allow to stand until rhubarb releases its juice, about 20 minutes.
- Place over medium-high heat and bring to a boil; cook until thickened, about 15 minutes, stirring often.
- Sterilize the jars, lids, and rings in boiling water for at least 5 minutes. Pack the jam into the sterilized jars, filling them to within 1/4 inch of the top. Run a knife or a thin spatula around the insides of the jars after they have been filled to remove any air bubbles. Wipe the rims of the jars with a moist paper towel to remove any food residue. Top with lids and screw on rings.
- Place a rack in the bottom of a large stockpot and fill halfway with water. Bring to a boil, then carefully lower the jars into the pot using a holder. Leave a 2-inch space between the jars.
- Pour in more boiling water if necessary until the water level is at least 1 inch above the tops of the jars. Bring the water to a full boil, cover the pot, and process for 10 minutes.
- Remove the jars from the stockpot and place onto a cloth-covered or wood surface, several inches apart, until cool. Once cool, press the top of each lid with a finger, ensuring that the seal is tight (lid does not move up or down at all).

Nutrition Facts

PROTEIN 0.78% **FAT 1.22%** **CARBS 98%**

Properties

Glycemic Index:3.27, Glycemic Load:14.04, Inflammation Score:-1, Nutrition Score:0.74260869622231%

Flavonoids

Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 81.33kcal (4.07%), Fat: 0.12g (0.18%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 20.86g (6.95%), Net Carbohydrates: 20.55g (7.47%), Sugar: 20.18g (22.42%), Cholesterol: 0.04mg (0.01%), Sodium: 1.01mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.33%), Vitamin K: 4.77µg (4.54%), Vitamin C: 1.72mg (2.09%), Manganese: 0.03mg (1.72%), Potassium: 51.31mg (1.47%), Calcium: 14.47mg (1.45%), Fiber: 0.31g (1.24%)