



## Rhubarb-Strawberry Conserve

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



110 min.

SERVINGS



4

CALORIES



555 kcal

SIDE DISH

### Ingredients

- 2 cups sugar
- 0.5 cup water
- 1 pound rhubarb cut into 1-inch pieces (4 cups)
- 2 cups strawberries cut in half
- 0.5 cup walnut pieces coarsely chopped
- 0.3 cup golden raisins

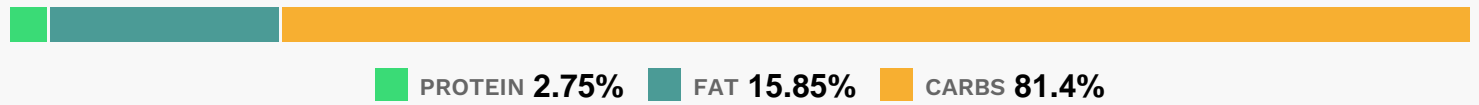
### Equipment

- sauce pan

# Directions

- Heat sugar and water to boiling in 3-quart saucepan, stirring constantly. Stir in rhubarb. Boil gently about 15 minutes, stirring frequently, until thickened. Stir in strawberries, walnuts and raisins.
- Heat to boiling; boil gently 5 minutes. Quickly skim off foam.
- Immediately pour into hot, sterilized jars, leaving 1/4-inch headspace. Wipe rims of jars; seal. Cool on rack 1 hour. Store in refrigerator up to 2 months.

# Nutrition Facts



# Properties

Glycemic Index:49.94, Glycemic Load:75.93, Inflammation Score:-5, Nutrition Score:12.85739138852%

# Flavonoids

Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 4.7mg, Catechin: 4.7mg, Catechin: 4.7mg, Catechin: 4.7mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epicatechin 3-gallate: 0.79mg, Epicatechin 3-gallate: 0.79mg, Epicatechin 3-gallate: 0.79mg, Epicatechin 3-gallate: 0.79mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

# Nutrients (% of daily need)

Calories: 554.87kcal (27.74%), Fat: 10.34g (15.91%), Saturated Fat: 0.98g (6.13%), Carbohydrates: 119.49g (39.83%), Net Carbohydrates: 114.66g (41.7%), Sugar: 110.31g (122.57%), Cholesterol: 0mg (0%), Sodium: 9.11mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.07%), Vitamin C: 51.89mg (62.89%), Manganese: 1.03mg (51.57%), Vitamin K: 35.52µg (33.83%), Fiber: 4.82g (19.29%), Copper: 0.34mg (16.78%), Potassium: 570.85mg (16.31%), Calcium: 130.07mg (13.01%), Magnesium: 49.54mg (12.39%), Folate: 39.82µg (9.96%), Phosphorus: 94.18mg (9.42%), Vitamin B6: 0.17mg (8.44%), Iron: 1.18mg (6.57%), Vitamin B2: 0.11mg (6.36%),

Vitamin B1: 0.09mg (6.04%), Zinc: 0.71mg (4.72%), Vitamin B3: 0.89mg (4.43%), Vitamin E: 0.63mg (4.19%),  
Selenium: 2.92µg (4.16%), Vitamin B5: 0.28mg (2.82%), Vitamin A: 127.23IU (2.54%)