



Rhubarb & vanilla jam



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



60 min.

SERVINGS



10

CALORIES



409 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 kg rhubarb cut into 3cm chunks
- ☐ 1 kg jam sugar
- ☐ 2 vanilla pod halved
- ☐ 1 juice of lemon

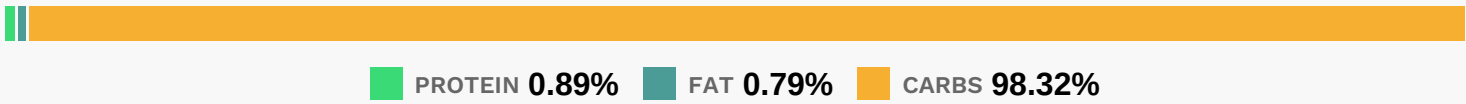
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ candy thermometer

Directions

- ☐ Put a small plate in the freezer.
- ☐ Put the rhubarb into a preserving pan or your largest saucepan with the sugar and halved vanilla pods.
- ☐ Heat gently, stirring, until all the sugar has dissolved, then squeeze in the lemon juice and increase the heat.
- ☐ Boil for about 10 mins, skimming off the scum as you go (the fruit should be soft). Test for setting point by spooning a little onto your chilled plate. After 1-2 mins, push your finger through the jam if the surface wrinkles it is ready, if not, keep cooking for 2-min intervals, testing in between. (Or if you have a sugar thermometer it should reach 105C)
- ☐ Once the jam is ready, let it cool for about 15 mins before ladling into warm sterilised jars and sealing. Will keep for 6 months in a cool, dark place.

Nutrition Facts



Properties

Glycemic Index:1.3, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:4.1152173462121%

Flavonoids

Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg Epicatechin 3-gallate: 0.6mg, Epicatechin 3-gallate: 0.6mg, Epicatechin 3-gallate: 0.6mg, Epicatechin 3-gallate: 0.6mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 409.01kcal (20.45%), Fat: 0.36g (0.55%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 100.5g (33.5%), Net Carbohydrates: 98.69g (35.89%), Sugar: 96.68g (107.42%), Cholesterol: 0mg (0%), Sodium: 4.03mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.82%), Vitamin K: 29.3µg (27.9%), Vitamin C: 9.16mg (11.1%), Manganese: 0.2mg (9.82%), Calcium: 86.18mg (8.62%), Potassium: 291.09mg (8.32%), Fiber: 1.81g (7.24%), Magnesium: 12.18mg (3.05%), Vitamin A: 102.18IU (2.04%), Folate: 7.6µg (1.9%), Vitamin E: 0.27mg (1.83%), Vitamin B2: 0.03mg (1.79%), Selenium: 1.1µg (1.58%), Vitamin B3: 0.3mg (1.51%), Phosphorus: 14.24mg (1.42%), Vitamin B1: 0.02mg (1.38%), Vitamin B6: 0.03mg (1.27%), Iron: 0.22mg (1.24%), Copper: 0.02mg (1.07%)