



Rose Hip Freezer Jam



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



55 min.

SERVINGS



4

CALORIES



479 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 3 tablespoons juice of lemon
- ☐ 1.8 ounce powdered fruit pectin
- ☐ 1 cup rose hips trimmed seeded
- ☐ 2 cups sugar
- ☐ 0.8 cup water

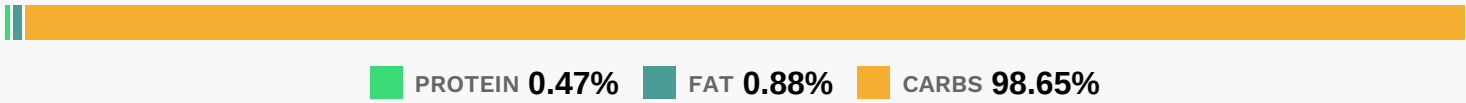
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Put the prepared rose hips, water, and lemon juice in a blender; blend until smooth, about 15 seconds. Small bits of rose hips skin are okay. Gradually add the sugar while blender is running. Blend until sugar is dissolved, about 30 seconds or so.
- ☐ Stir the pectin into 3/4 cup water in a saucepan. Bring to a boil; boil hard for about 1 minute. Slowly pour into the rose hip mixture; blend for about 30 seconds.
- ☐ Pour into small containers with lids. Store in the refrigerator. Jam that is not used within a few weeks can be stored in the freezer for up to a year.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:69.81, Inflammation Score:-8, Nutrition Score:10.499999927438%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 479.22kcal (23.96%), Fat: 0.49g (0.76%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 123.72g (41.24%), Net Carbohydrates: 114.97g (41.81%), Sugar: 100.9g (112.11%), Cholesterol: 0mg (0%), Sodium: 29.41mg (1.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.17%), Vitamin C: 139.61mg (169.22%), Fiber: 8.75g (35.01%), Vitamin A: 1380.58IU (27.61%), Manganese: 0.34mg (16.89%), Vitamin E: 1.87mg (12.47%), Vitamin K: 8.22µg (7.83%), Magnesium: 23.15mg (5.79%), Calcium: 57.53mg (5.75%), Copper: 0.1mg (5.19%), Vitamin B2: 0.08mg (4.75%), Potassium: 150.66mg (4.3%), Iron: 0.73mg (4.06%), Vitamin B5: 0.28mg (2.82%), Vitamin B3: 0.42mg (2.12%), Phosphorus: 20.52mg (2.05%), Vitamin B6: 0.03mg (1.53%), Zinc: 0.16mg (1.05%)