



Rose Petal Jam



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



40

CALORIES



52 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 juice of lemon
- ☐ 1.8 ounce powdered fruit pectin
- ☐ 8 ounces rose petals fresh white trimmed
- ☐ 3 cups water
- ☐ 2 cups sugar white divided

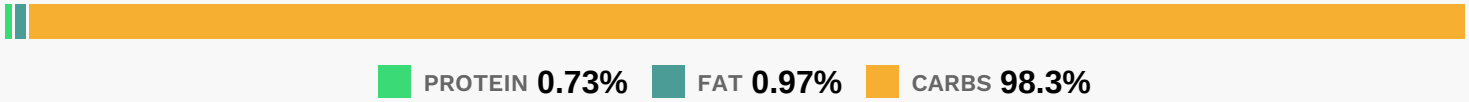
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Toss the rose petals, lemon juice, and 1 cup sugar together in a bowl until the petals are evenly coated.
- ☐ Let stand at room temperature overnight.
- ☐ Bring the water to a boil in a saucepan over medium-high heat. Stir in the rose petal mixture and reserved 1 cup of sugar; stir until the sugar has dissolved. Reduce the heat to medium-low, and simmer 20 minutes. Increase the heat to medium-high, and return the mixture to a boil for 5 minutes. Stir in the pectin, and boil for 1 minute.
- ☐ Pour the jam into 4 sterilized half-pint jars. Seal with rings and lids, and store in a cool dark place.

Nutrition Facts



Properties

Glycemic Index:1.75, Glycemic Load:6.98, Inflammation Score:-3, Nutrition Score:2.3582608346706%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 52.05kcal (2.6%), Fat: 0.06g (0.09%), Saturated Fat: 0g (0.01%), Carbohydrates: 13.35g (4.45%), Net Carbohydrates: 11.87g (4.32%), Sugar: 10.16g (11.29%), Cholesterol: 0mg (0%), Sodium: 3.71mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.2%), Vitamin C: 24.73mg (29.98%), Fiber: 1.48g (5.91%), Vitamin A: 246.48IU (4.93%), Manganese: 0.06mg (2.96%), Vitamin E: 0.33mg (2.22%), Vitamin K: 1.47µg (1.4%), Magnesium: 4.19mg (1.05%), Calcium: 10.39mg (1.04%)