



Ruby Quince Marmalade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



32

CALORIES



66 kcal

CONDIMENT

DIP

SPREAD

Ingredients



0.3 cup juice of lemon fresh



0.3 cup julienne-cut lemon rind (1-inch)



4 cups quinces cored peeled chopped (4 quinces)



2 cups sugar



3 cups water

Equipment

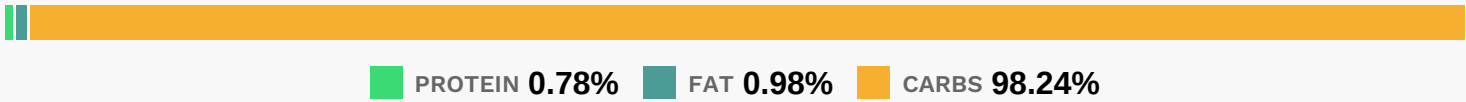


sauce pan

Directions

- ☐ Combine all ingredients in a large saucepan; bring to a boil. Reduce heat to medium, and cook 1 hour and 15 minutes or until thick. (
- ☐ Mixture will continue to thicken as it cools.) Cool. Store marmalade in an airtight container in refrigerator up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:3.28, Glycemic Load:10.11, Inflammation Score:-1, Nutrition Score:0.89478260529754%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 65.75kcal (3.29%), Fat: 0.08g (0.12%), Saturated Fat: 0g (0.03%), Carbohydrates: 17.23g (5.74%), Net Carbohydrates: 16.58g (6.03%), Sugar: 12.55g (13.95%), Cholesterol: 0mg (0%), Sodium: 2.48mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.27%), Vitamin C: 6.14mg (7.44%), Fiber: 0.65g (2.59%), Copper: 0.04mg (2.19%), Potassium: 61.67mg (1.76%), Iron: 0.22mg (1.23%)