



Scuppernong Jelly



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



100

CALORIES



37 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 5 lb scuppernong grapes ripe
- ☐ 2 tablespoons juice of lemon fresh 1 lemon
- ☐ 1.8 oz powdered pectin
- ☐ 2.5 cups sugar
- ☐ 3 sheets cheesecloth
- ☐ 48 oz to 6 canning jars with two-piece lids
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- ☐ 48 oz to 6 canning jars with two-piece lids

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ potato masher
- ☐ dutch oven
- ☐ colander
- ☐ cheesecloth

Directions

- ☐ Wash Scuppernongs; place in a 6-qt. stainless-steel or enameled Dutch oven, or other large, heavy, nonreactive saucepan.
- ☐ Add 1 cup water, and bring to a boil. Boil, stirring frequently, 20 minutes or until most of seeds have been released from pulp, crushing Scuppernongs with a potato masher to slip skins from pulp.
- ☐ Rinse cheesecloth, and wring out excess water. Line a large colander with cheesecloth. Set colander over a large bowl or pot.
- ☐ Pour Scuppernong mixture into cheesecloth, and let stand at least 1 hour. Measure liquid (you should have about 412 cups), and return to Dutch oven, discarding solids.
- ☐ Sterilize jars, and prepare lids as described on page
- ☐ While jars are boiling, add 34 cup sugar for each 1 cup juice to Scuppernong juice in Dutch oven.
- ☐ Add lemon juice. Bring to a rolling boil. Boil 5 minutes, stirring frequently.
- ☐ Sprinkle in pectin, stir well, and return to a rolling boil. Boil 1 minute.
- ☐ Remove from heat, and let stand until boiling subsides. Skim foam from surface with a metal spoon, and discard.
- ☐ Fill and process jars as described on page Store properly sealed jars in a cool, dark place.
- ☐ Let stand at least 1 week before serving to allow jelly to fully set.
- ☐ Serve on biscuits or with Brie and crackers, if desired.

Nutrition Facts



 PROTEIN **1.68%**  FAT **1.25%**  CARBS **97.07%**

Properties

Glycemic Index:1.16, Glycemic Load:5.28, Inflammation Score:-1, Nutrition Score:0.64086956466022%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg

Nutrients (% of daily need)

Calories: 36.58kcal (1.83%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 9.55g (3.18%), Net Carbohydrates: 9.31g (3.38%), Sugar: 8.51g (9.46%), Cholesterol: 0mg (0%), Sodium: 1.5mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.33%), Vitamin K: 3.31µg (3.15%), Copper: 0.03mg (1.56%), Potassium: 43.76mg (1.25%), Vitamin B1: 0.02mg (1.05%), Vitamin C: 0.84mg (1.02%), Vitamin B2: 0.02mg (1.01%)