



Sicilian Style Tomato Jam



Vegetarian



Gluten Free

READY IN



120 min.

SERVINGS



2

CALORIES



769 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 teaspoon cayenne pepper to taste (or)
- ☐ 3 pound super cherry tomatoes sweet ripe
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 tablespoon cumin
- ☐ 3 tablespoon ginger grated peeled
- ☐ 1 slices goat cheese and baguette for serving
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 cup squeezed lemon juice fresh

- ☐ 1 teaspoon salt
- ☐ 1.5 cup sugar

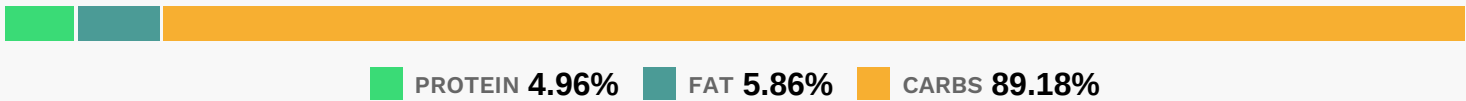
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ If you are a maniac you may peel the tomatoes by blanching them a moment, then plunging them in an ice-bath. The peels will slip off easily. But this step is not mandatory, though it will improve the texture.
- ☐ Combine all ingredients in a heavy bottomed, large saucepan. Bring the mixture to a boil over medium heat, stirring the pot often.
- ☐ Once it boils, reduce the heat and simmer, stirring occasionally. You may break up some of the tomatoes as you work with the back of your spoon. Eventually the mixture will attain the consistency of thick jam. This takes about 1 ½ hours. Taste and adjust seasoning, you may need more lemon juice and salt to balance all that sugar. Cool the jam and refrigerate it until ready to use; this will keep at least a week. Alternatively, you may save this jam almost indefinitely if you jar it using a proper canning method.

Nutrition Facts



Properties

Glycemic Index:63.55, Glycemic Load:105.07, Inflammation Score:-10, Nutrition Score:26.944347656291%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg

Nutrients (% of daily need)

Calories: 769.44kcal (38.47%), Fat: 5.34g (8.21%), Saturated Fat: 2.4g (14.97%), Carbohydrates: 182.83g (60.94%), Net Carbohydrates: 176.97g (64.35%), Sugar: 167.86g (186.51%), Cholesterol: 6.9mg (2.3%), Sodium: 1301.89mg (56.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.17g (20.34%), Vitamin C: 168.09mg (203.74%), Vitamin A: 3731.91IU (74.64%), Manganese: 1.11mg (55.69%), Potassium: 1633.79mg (46.68%), Iron: 7.18mg (39.92%), Copper: 0.69mg (34.53%), Vitamin B6: 0.63mg (31.65%), Vitamin E: 4.19mg (27.95%), Phosphorus: 251.93mg (25.19%), Folate: 98.43µg (24.61%), Fiber: 5.87g (23.46%), Magnesium: 82.7mg (20.67%), Vitamin B3: 3.98mg (19.91%), Vitamin K: 20.41µg (19.43%), Vitamin B1: 0.29mg (19.09%), Vitamin B2: 0.26mg (15.21%), Calcium: 136.83mg (13.68%), Vitamin B5: 1.04mg (10.44%), Zinc: 1.33mg (8.87%), Selenium: 5.06µg (7.23%)