



Smutty Sweet Chilli Jam



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



101 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 4 chillies red
- ☐ 3 large cloves garlic
- ☐ 3 ginger fresh chunk
- ☐ 200 g caster sugar
- ☐ 400 g tomatoes chopped canned tinned
- ☐ 50 ml citrus champagne vinegar

Equipment

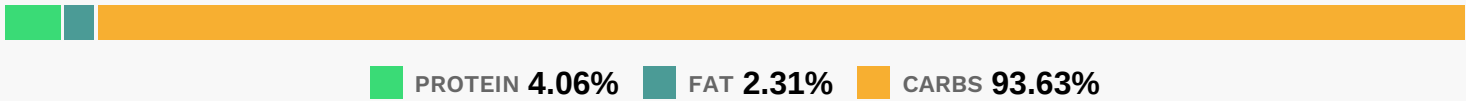
- ☐ food processor

- ☐ frying pan
- ☐ mortar and pestle

Directions

- ☐ Make a paste with the chillies, ginger and garlic. You can do this in a pestle and mortar or a food processor.
- ☐ Add the paste to a pan with all the other ingredients and stir well.
- ☐ Bring the mixture to the boil, then reduce to a simmer. Cook the mixture for 25–30 minutes until thick and glossy.
- ☐ Pour into a clean jar and keep in the fridge until you are ready to use it.
- ☐ The jam will keep happily in the fridge for a couple of weeks. It's never lasted longer than that so far.
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:19.81, Glycemic Load:15.51, Inflammation Score:-3, Nutrition Score:4.6465217963509%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 100.98kcal (5.05%), Fat: 0.28g (0.42%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 25.11g (8.37%), Net Carbohydrates: 24.02g (8.73%), Sugar: 22.72g (25.24%), Cholesterol: 0mg (0%), Sodium: 55.45mg (2.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.18%), Vitamin C: 29.96mg (36.31%), Vitamin B6: 0.17mg (8.28%), Manganese: 0.13mg (6.49%), Potassium: 189.85mg (5.42%), Copper: 0.11mg (5.29%), Vitamin A: 257.44IU (5.15%), Vitamin K: 4.66µg (4.44%), Fiber: 1.09g (4.36%), Iron: 0.77mg (4.26%), Vitamin E: 0.63mg (4.2%), Vitamin B3: 0.73mg (3.67%), Magnesium: 13.47mg (3.37%), Vitamin B1: 0.05mg (3.02%), Vitamin B2: 0.04mg (2.46%), Folate: 9.6µg (2.4%), Phosphorus: 23.04mg (2.3%), Calcium: 18.59mg (1.86%), Vitamin B5: 0.16mg (1.57%), Zinc: 0.18mg (1.17%)