



## Southwest Jelly



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



75

CALORIES



72 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- ☐ 1 cup cilantro leaves loosely packed
- ☐ 20 drops liquid food coloring red
- ☐ 6 ounce liquid fruit pectin
- ☐ 1 jalapeno seeded thinly sliced
- ☐ 6.3 cups sugar
- ☐ 2 cups water
- ☐ 1 cup vinegar white

## Equipment

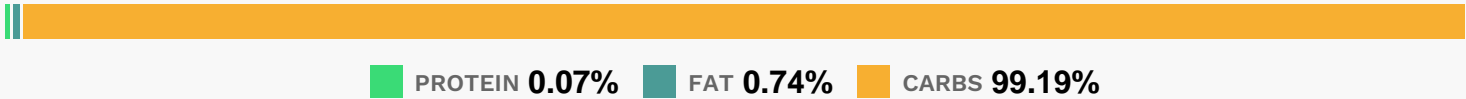
☐

 sauce pan

## Directions

- ☐
- Bring first 6 ingredients to a boil in a large saucepan.
- ☐
- Add pectin, and bring to a full rolling boil. Boil 1 minute.
- ☐
- Remove from heat.
- ☐
- Remove and discard cilantro leaves; skim off any foam.
- ☐
- Pour hot mixture immediately into hot, sterilized jars, filling to 1/4 inch from top.
- ☐
- Remove air bubbles; wipe jar rims. Cover at once with metal lids, and screw on bands.
- ☐
- Process in boiling–water bath 5 minutes.
- ☐
- Note: Jellies usually require only 5 minutes of processing because of their higher acid content.

## Nutrition Facts



## Properties

Glycemic Index:2.45, Glycemic Load:11.64, Inflammation Score:0, Nutrition Score:0.19695652227687%

## Flavonoids

Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 72.25kcal (3.61%), Fat: 0.06g (0.1%), Saturated Fat: 0g (0.01%), Carbohydrates: 18.67g (6.22%), Net Carbohydrates: 18.47g (6.71%), Sugar: 16.64g (18.49%), Cholesterol: 0mg (0%), Sodium: 5.19mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.01g (0.03%)