



Spicy Blueberry-Citrus Marmalade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



55

CALORIES



33 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 cups blueberries fresh
- ☐ 1 optional: lemon
- ☐ 1 lime
- ☐ 1 cranberry-orange relish
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 2 cups sugar
- ☐ 2 cups water

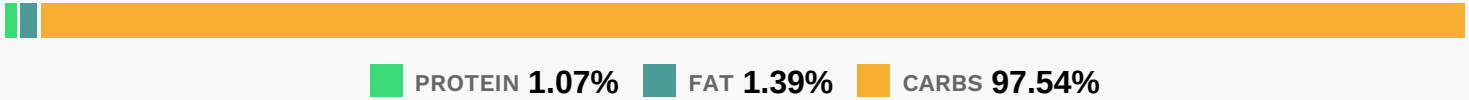
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Cut rinds from citrus fruit into thin strips. Set aside.
- ☐ Squeeze juice and pulp from orange, lemon, and lime into a bowl. Set aside.
- ☐ Bring rind strips, 2 cups water, and red pepper to a boil in a saucepan. Cover, reduce heat, and simmer 25 minutes or until rinds are very tender.
- ☐ Add blueberries, sugar, and citrus pulp and juice to saucepan. Bring to a full rolling boil; boil, uncovered and stirring often, 15 minutes or until a gel forms.
- ☐ Remove from heat; 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 10 minutes.
- ☐ *2 cups frozen blueberries, thawed, may be substituted.

Nutrition Facts



Properties

Glycemic Index:3.82, Glycemic Load:5.5, Inflammation Score:-1, Nutrition Score:0.48608695003002%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Petunidin: 1.7mg, Petunidin: 1.7mg, Petunidin: 1.7mg, Petunidin: 1.7mg Delphinidin: 1.91mg, Delphinidin: 1.91mg, Delphinidin: 1.91mg, Delphinidin: 1.91mg Malvidin: 3.64mg, Malvidin: 3.64mg, Malvidin: 3.64mg, Malvidin: 3.64mg Peonidin: 1.09mg, Peonidin: 1.09mg, Peonidin: 1.09mg, Peonidin: 1.09mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 1.72mg, Hesperetin: 1.72mg, Hesperetin: 1.72mg, Hesperetin: 1.72mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg

0.08mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 33.17kcal (1.66%), Fat: 0.05g (0.08%), Saturated Fat: 0g (0.02%), Carbohydrates: 8.63g (2.88%), Net Carbohydrates: 8.34g (3.03%), Sugar: 8.09g (8.99%), Cholesterol: 0mg (0%), Sodium: 0.92mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.19%), Vitamin C: 3.18mg (3.86%), Fiber: 0.28g (1.13%), Vitamin K: 1.07µg (1.01%)