

Spicy Tomato Jam



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



40

CALORIES



101 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 4 small cinnamon sticks
- ☐ 8.1 inch thick ginger peeled
- ☐ 0.5 teaspoon ground cloves
- ☐ 4 teaspoons ground cumin
- ☐ 40 servings kosher salt
- ☐ 4 large lemons
- ☐ 4 cups brown sugar light packed
- ☐ 5.5 pounds plum tomatoes cored cut into 1-inch pieces

☐ 2 scant teaspoons pepper flakes red

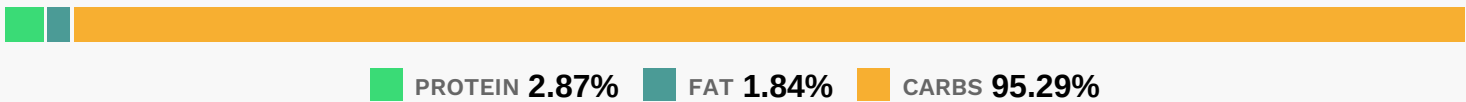
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ kitchen thermometer
- ☐ peeler
- ☐ canning jar

Directions

- ☐ Start with our step-by-step canning how-to.
- ☐ Using a vegetable peeler, remove the zest from the lemons in wide strips, leaving the bitter white pith behind. Squeeze the lemon juice through a strainer into a large, wide saucepan.
- ☐ Add the lemon zest, tomatoes, sugar, cumin, 4 teaspoons salt, the red pepper flakes, cinnamon sticks, cloves and ginger. Cook over medium-high heat, stirring occasionally, until the tomatoes are juicy and the sugar dissolves, 15 to 20 minutes. Continue to cook, stirring occasionally, until the tomatoes are dark and syrupy and a candy or deep-fry thermometer registers 220 degrees F, 40 to 50 minutes (the timing may vary depending on the juiciness of the tomatoes). Reduce the heat if the mixture starts to scorch. Discard the cinnamon sticks.
- ☐ Meanwhile, sterilize four 8-ounce canning jars and lids.
- ☐ Fill the jars with the tomato mixture, leaving 1/4 inch headspace, then seal and process.
- ☐ Photograph by Charles Masters

Nutrition Facts



Properties

Glycemic Index:2.21, Glycemic Load:0.86, Inflammation Score:-4, Nutrition Score:3.6082608751629%

Flavonoids

Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 100.79kcal (5.04%), Fat: 0.22g (0.34%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 25.66g (8.55%), Net Carbohydrates: 24.36g (8.86%), Sugar: 23.29g (25.88%), Cholesterol: 0mg (0%), Sodium: 203.99mg (8.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.54%), Vitamin C: 14.37mg (17.42%), Vitamin A: 527IU (10.54%), Manganese: 0.18mg (8.75%), Potassium: 203.36mg (5.81%), Fiber: 1.3g (5.19%), Vitamin K: 5.09µg (4.85%), Vitamin B6: 0.07mg (3.57%), Calcium: 33.2mg (3.32%), Iron: 0.57mg (3.14%), Copper: 0.06mg (2.88%), Magnesium: 11.34mg (2.83%), Folate: 10.97µg (2.74%), Vitamin E: 0.38mg (2.5%), Vitamin B3: 0.43mg (2.15%), Vitamin B1: 0.03mg (1.94%), Phosphorus: 19.32mg (1.93%), Vitamin B5: 0.11mg (1.09%)