



Strawberry Balsamic Black Pepper Jam



Vegetarian



Gluten Free



Low Fod Map

READY IN



90 min.

SERVINGS



8

CALORIES



731 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1.8 ounce premium fruit pectin
- ☐ 5 cups strawberries coarsely chopped (from 3 farm stand boxes)
- ☐ 7 cups sugar
- ☐ 0.3 teaspoon butter unsalted

Equipment

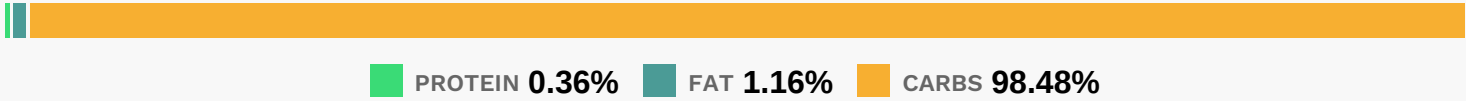
- ☐ bowl

- ☐ ladle
- ☐ whisk
- ☐ pot

Directions

- ☐ Measure the sugar into a large bowl and set aside.
- ☐ Combine the strawberries, balsamic vinegar, and black pepper in a large, heavy-bottomed pot.
- ☐ Whisk in the pectin until dissolved.
- ☐ Add the butter and bring the mixture to a boil over medium-high heat.
- ☐ Add the sugar all at once and return the mixture to a boil, stirring constantly. Boil hard for one minute.
- ☐ Remove the pot from the heat and skim any foam from the surface of the jam with a cold metal spoon. Ladle the jam into hot sterilized jars and process them in a hot water bath for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:24.01, Glycemic Load:124.92, Inflammation Score:-2, Nutrition Score:5.9660869831948%

Flavonoids

Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 22.36mg, Pelargonidin: 22.36mg, Pelargonidin: 22.36mg, Pelargonidin: 22.36mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.8mg, Catechin: 2.8mg, Catechin: 2.8mg, Catechin: 2.8mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

0.04mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 731.47kcal (36.57%), Fat: 0.98g (1.51%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 188.34g (62.78%), Net Carbohydrates: 185.94g (67.61%), Sugar: 180.24g (200.27%), Cholesterol: 0.34mg (0.11%), Sodium: 16.95mg (0.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.38%), Vitamin C: 52.92mg (64.15%), Manganese: 0.4mg (20.05%), Fiber: 2.4g (9.59%), Folate: 21.71µg (5.43%), Potassium: 153.92mg (4.4%), Copper: 0.09mg (4.35%), Iron: 0.71mg (3.92%), Vitamin B2: 0.06mg (3.37%), Magnesium: 13.15mg (3.29%), Phosphorus: 23.67mg (2.37%), Vitamin K: 2.4µg (2.29%), Vitamin B6: 0.04mg (2.18%), Selenium: 1.42µg (2.03%), Calcium: 19.88mg (1.99%), Vitamin E: 0.27mg (1.78%), Vitamin B3: 0.35mg (1.75%), Vitamin B1: 0.02mg (1.49%), Vitamin B5: 0.12mg (1.23%), Zinc: 0.18mg (1.21%)