



Strawberry Freezer Jam

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



100

CALORIES



34 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1.8 ounces premium fruit pectin
- 4 cups strawberries cut in half
- 4 cups sugar
- 0.8 cup water

Equipment

- food processor
- bowl
- sauce pan

potato masher

Directions

- Mash strawberries with potato masher or in food processor until slightly chunky (not pureed) to make 2 cups crushed strawberries.
- Mix strawberries and sugar in large bowl.
- Let stand at room temperature 10 minutes, stirring occasionally.
- Mix water and pectin in 1-quart saucepan.
- Heat to boiling, stirring constantly. Boil and stir 1 minute.
- Pour hot pectin mixture over strawberry mixture; stir constantly 3 minutes.
- Immediately spoon mixture into freezer containers, leaving 1/2-inch headspace. Wipe rims of containers; seal.
- Let stand at room temperature about 24 hours or until set.
- Store in freezer up to 6 months or in refrigerator up to 3 weeks. Thaw frozen jam and stir before serving.

Nutrition Facts

 PROTEIN **0.45%**  FAT **1.11%**  CARBS **98.44%**

Properties

Glycemic Index:1.1, Glycemic Load:5.72, Inflammation Score:-1, Nutrition Score:0.36826087380557%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.43mg, Pelargonidin: 1.43mg, Pelargonidin: 1.43mg, Pelargonidin: 1.43mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 34.26kcal (1.71%), Fat: 0.04g (0.07%), Saturated Fat: 0g (0.01%), Carbohydrates: 8.86g (2.95%), Net Carbohydrates: 8.7g (3.16%), Sugar: 8.27g (9.18%), Cholesterol: 0mg (0%), Sodium: 1.22mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.04g (0.08%), Vitamin C: 3.39mg (4.11%), Manganese: 0.02mg (1.15%)