



Strawberry jam



Vegetarian



Gluten Free



Low Fod Map

READY IN



80 min.

SERVINGS



3

CALORIES



2610 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1.8 kg strawberries whole
- ☐ 3 juice of lemon
- ☐ 1.8 kg jam sugar (with preserving sugar)
- ☐ 1 knob butter

Equipment

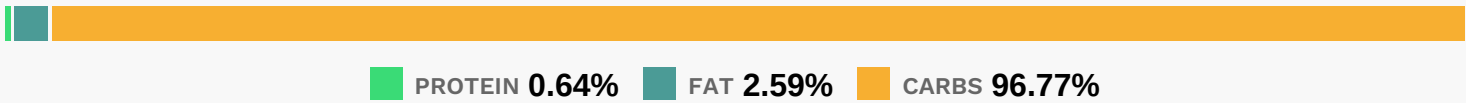
- ☐ bowl
- ☐ frying pan
- ☐ pot

- ☐ kitchen towels
- ☐ slotted spoon
- ☐ kitchen timer

Directions

- ☐ Wash, drain and hull the fruit and put in a large non-metallic bowl.
- ☐ Sprinkle over the lemon juice and sugar, gently mix. Cover with a tea towel and leave overnight. (This helps keep the strawberries whole.)
- ☐ Put a saucer in the freezer. Tip the fruit and juice into a preserving pan or a 4.5 litre/8 pint heavybased pan.
- ☐ Heat gently, stirring, to dissolve the sugar. Do not boil until it has.
- ☐ Turn up the heat, then boil hard for exactly 4 minutes (use a timer). Take off the heat to test for setting point. Spoon a little jam onto the cold saucer. After a couple of minutes gently push your finger through the jam and if the surface wrinkles it is ready. If not, return to the boil for 2 minutes, then re-test.
- ☐ Take off the heat and swirl in the butter. If the scum doesnt dissolve, skim with a slotted spoon. Cool for 10-15 minutes. (Pot when too hot and all the fruit rises to the top.)
- ☐ Stir gently to distribute the fruit, then pour into warm sterilised jars. Put waxed discs on straight away, cover with lids or cellophane circles, then seal, label and wipe the jars. Keeps for 6 months in a cool dry cupboard.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:13.63, Inflammation Score:-9, Nutrition Score:20.849565193057%

Flavonoids

Cyanidin: 10.08mg, Cyanidin: 10.08mg, Cyanidin: 10.08mg, Cyanidin: 10.08mg Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 1.86mg, Delphinidin: 1.86mg, Delphinidin: 1.86mg, Delphinidin: 1.86mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 149.1mg, Pelargonidin: 149.1mg, Pelargonidin: 149.1mg, Pelargonidin: 149.1mg Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg Catechin: 18.66mg, Catechin: 18.66mg, Catechin: 18.66mg, Catechin: 18.66mg

Epigallocatechin: 4.68mg, Epigallocatechin: 4.68mg, Epigallocatechin: 4.68mg, Epigallocatechin: 4.68mg
Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg Epicatechin 3–gallate:
0.9mg, Epicatechin 3–gallate: 0.9mg, Epicatechin 3–gallate: 0.9mg, Epicatechin 3–gallate: 0.9mg Epigallocatechin
3–gallate: 0.66mg, Epigallocatechin 3–gallate: 0.66mg, Epigallocatechin 3–gallate: 0.66mg, Epigallocatechin 3–
gallate: 0.66mg Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin:
4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 1.97mg, Naringenin: 1.97mg,
Naringenin: 1.97mg, Naringenin: 1.97mg Kaempferol: 3mg, Kaempferol: 3mg, Kaempferol: 3mg, Kaempferol: 3mg
Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 6.77mg, Quercetin:
6.77mg, Quercetin: 6.77mg, Quercetin: 6.77mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin:
0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 2610.12kcal (130.51%), Fat: 7.55g (11.61%), Saturated Fat: 3.7g (23.12%), Carbohydrates: 633.89g (211.3%),
Net Carbohydrates: 621.8g (226.11%), Sugar: 615.83g (684.26%), Cholesterol: 15.05mg (5.02%), Sodium: 51.31mg
(2.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.37%), Vitamin C: 364.41mg (441.71%),
Manganese: 2.32mg (115.98%), Fiber: 12.09g (48.36%), Folate: 150.21µg (37.55%), Potassium: 950.58mg (27.16%),
Magnesium: 79.94mg (19.99%), Phosphorus: 148.08mg (14.81%), Vitamin B6: 0.3mg (14.8%), Copper: 0.29mg
(14.64%), Iron: 2.49mg (13.81%), Vitamin K: 13.69µg (13.04%), Vitamin E: 1.95mg (12.98%), Vitamin B3: 2.35mg
(11.73%), Vitamin B1: 0.15mg (10.1%), Calcium: 99.48mg (9.95%), Vitamin B2: 0.14mg (8.17%), Vitamin B5: 0.8mg
(7.97%), Zinc: 0.86mg (5.74%), Vitamin A: 248.73IU (4.97%), Selenium: 2.5µg (3.57%)