



## Strawberry Jam



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



130 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- ☐ 1 large apples i use 2 granny smith apples grated peeled
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 pound strawberries fresh frozen hulled thawed quartered (or , )
- ☐ 0.7 cup sugar

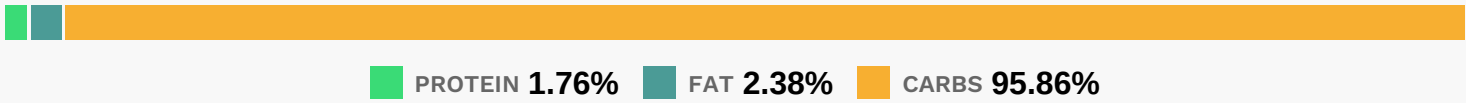
## Equipment

- ☐ bowl
- ☐ frying pan

# Directions

- ☐ Combine 1 pound fresh (or frozen,thawed) hulled, quarteredstrawberries and 2/3 cup sugarin a large heavy skillet. Stir in1 peeled, coarsely grated large
- ☐ Granny Smith apple. Cook overmedium-low heat, stirring andbreaking up strawberries, untilsugar dissolves. Simmer untiljam is thickened, 10-15 minutes.Stir in 1 tablespoon fresh lemonjuice.
- ☐ Transfer to a bowl or jar;let cool. Cover and chill untilset, about 2 hours. Keep chilled;serve within 2 weeks.

## Nutrition Facts



## Properties

Glycemic Index:23.68, Glycemic Load:18.59, Inflammation Score:-3, Nutrition Score:5.1278261309085%

## Flavonoids

Cyanidin: 1.85mg, Cyanidin: 1.85mg, Cyanidin: 1.85mg, Cyanidin: 1.85mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.83mg, Catechin: 2.83mg, Catechin: 2.83mg, Catechin: 2.83mg Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg Epicatechin: 3.12mg, Epicatechin: 3.12mg, Epicatechin: 3.12mg, Epicatechin: 3.12mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 129.62kcal (6.48%), Fat: 0.37g (0.56%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 33.24g (11.08%), Net Carbohydrates: 30.83g (11.21%), Sugar: 29.8g (33.11%), Cholesterol: 0mg (0%), Sodium: 1.37mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.22%), Vitamin C: 47.13mg (57.13%), Manganese: 0.31mg (15.3%),

Fiber: 2.41g (9.65%), Folate: 19.76µg (4.94%), Potassium: 158.45mg (4.53%), Magnesium: 11.84mg (2.96%), Vitamin B6: 0.05mg (2.6%), Copper: 0.05mg (2.41%), Vitamin K: 2.48µg (2.36%), Phosphorus: 22.43mg (2.24%), Iron: 0.37mg (2.04%), Vitamin E: 0.29mg (1.93%), Vitamin B2: 0.03mg (1.82%), Vitamin B1: 0.03mg (1.67%), Vitamin B3: 0.33mg (1.64%), Calcium: 14.7mg (1.47%), Vitamin B5: 0.12mg (1.2%)