



## Strawberry Jam in a Slow Cooker



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



255 min.

SERVINGS



5

CALORIES



617 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 2 tablespoons squeezed lemon juice fresh
- 1.8 ounce powdered fruit pectin
- 4 pints strawberries fresh
- 3 cups sugar white

### Equipment

- potato masher
- slow cooker

## Directions

- Crush strawberries completely with a potato masher; pour into the crock of a slow cooker.
- Pour lemon juice over strawberries.
- Sprinkle pectin over strawberries.
- Let mixture stand 10 minutes.
- Stir sugar through the strawberries.
- Cook on Low for 2 hours, stirring twice while it cooks.
- Increase heat to High and continue cooking until jam thickens to desired consistency, 2 to 3 hours.

## Nutrition Facts

 **PROTEIN 1.58%**  **FAT 2.14%**  **CARBS 96.28%**

## Properties

Glycemic Index:22.02, Glycemic Load:92.37, Inflammation Score:-8, Nutrition Score:15.427391350269%

## Flavonoids

Cyanidin: 6.36mg, Cyanidin: 6.36mg, Cyanidin: 6.36mg, Cyanidin: 6.36mg Petunidin: 0.42mg, Petunidin: 0.42mg, Petunidin: 0.42mg, Petunidin: 0.42mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 94.07mg, Pelargonidin: 94.07mg, Pelargonidin: 94.07mg, Pelargonidin: 94.07mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 11.77mg, Catechin: 11.77mg, Catechin: 11.77mg, Catechin: 11.77mg Epigallocatechin: 2.95mg, Epigallocatechin: 2.95mg, Epigallocatechin: 2.95mg, Epigallocatechin: 2.95mg Epicatechin: 1.59mg, Epicatechin: 1.59mg, Epicatechin: 1.59mg, Epicatechin: 1.59mg Epicatechin 3-gallate: 0.57mg, Epicatechin 3-gallate: 0.57mg, Epicatechin 3-gallate: 0.57mg, Epicatechin 3-gallate: 0.57mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg

## Nutrients (% of daily need)

Calories: 616.7kcal (30.84%), Fat: 1.56g (2.41%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 157.98g (52.66%), Net Carbohydrates: 149.53g (54.38%), Sugar: 138.42g (153.8%), Cholesterol: 0mg (0%), Sodium: 24.89mg (1.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.17%), Vitamin C: 224.9mg (272.61%), Manganese: 1.47mg (73.68%), Fiber: 8.44g (33.77%), Folate: 92.15µg (23.04%), Potassium: 588.44mg (16.81%), Magnesium: 49.67mg (12.42%), Copper: 0.23mg (11.64%), Iron: 1.89mg (10.48%), Phosphorus: 91.53mg (9.15%), Vitamin B6: 0.18mg (9.08%), Vitamin K: 8.33µg (7.93%), Vitamin E: 1.11mg (7.38%), Vitamin B3: 1.47mg (7.34%), Vitamin B2: 0.11mg (6.64%), Calcium: 62.82mg (6.28%), Vitamin B1: 0.09mg (6.21%), Vitamin B5: 0.49mg (4.92%), Zinc: 0.59mg (3.94%), Selenium: 2.24µg (3.2%)