



Strawberry Orange Jam



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



64

CALORIES



48 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 20 ounces strawberries sweetened frozen thawed undrained
- ☐ 1.8 ounces premium fruit pectin
- ☐ 1 tablespoon orange zest grated
- ☐ 0.5 cup orange juice
- ☐ 3.5 cups sugar

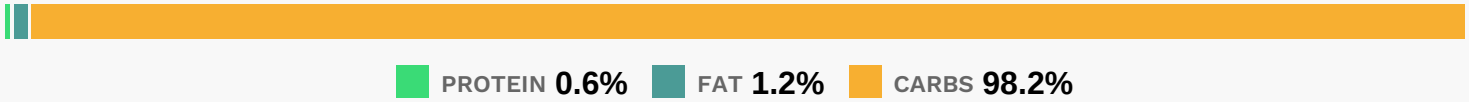
Equipment

- ☐ sauce pan

Directions

- ☐ In 3-quart saucepan, mix strawberries, pectin, orange peel and orange juice until pectin is dissolved.
- ☐ Heat to rolling boil over high heat, stirring constantly.
- ☐ Stir in sugar.
- ☐ Heat to rolling boil, stirring constantly; remove from heat. Quickly skim off foam. Immediately pour into hot, sterilized jars or freezer containers, leaving 1/2-inch headspace. Wipe rims of jars. Seal immediately; cool. Refrigerate up to 1 week or freeze up to 3 months. Thaw before serving.

Nutrition Facts



Properties

Glycemic Index:2.53, Glycemic Load:7.94, Inflammation Score:-1, Nutrition Score:0.66130434009044%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.2mg, Pelargonidin: 2.2mg, Pelargonidin: 2.2mg, Pelargonidin: 2.2mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg 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 Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 48.43kcal (2.42%), Fat: 0.07g (0.1%), Saturated Fat: 0g (0.01%), Carbohydrates: 12.5g (4.17%), Net Carbohydrates: 12.24g (4.45%), Sugar: 11.51g (12.79%), Cholesterol: 0mg (0%), Sodium: 1.77mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.15%), Vitamin C: 6.31mg (7.64%), Manganese: 0.04mg (1.77%), Fiber: 0.26g (1.03%)