



Strawberry-Orange Spread

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



775 kcal

CONDIMENT

DIP

SPREAD

Ingredients

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

Equipment

- sauce pan

Directions

- Mix strawberries, pectin, orange peel and orange juice in 3-quart saucepan until pectin is dissolved.
- Heat over high heat about 2 minutes, stirring constantly, to rolling broil. Stir in sugar.
- Heat to rolling boil, stirring constantly; remove from heat.
- Skim off foam. Immediately pour into hot, sterilized jar, leaving 1/4-inch headspace, or into freezer containers, leaving 1/2-inch headspace. Wipe rims of jars or containers; seal.
- Let stand at room temperature about 24 hours or until set. Store in refrigerator or freezer up to 3 months.

Nutrition Facts

PROTEIN 0.6% **FAT 1.2%** **CARBS 98.2%**

Properties

Glycemic Index:40.52, Glycemic Load:127.03, Inflammation Score:-5, Nutrition Score:9.6191304662953%

Flavonoids

Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.22mg, Pelargonidin: 35.22mg, Pelargonidin: 35.22mg, Pelargonidin: 35.22mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.41mg, Catechin: 4.41mg, Catechin: 4.41mg, Catechin: 4.41mg Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 774.82kcal (38.74%), Fat: 1.09g (1.67%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 200g (66.67%), Net Carbohydrates: 195.87g (71.23%), Sugar: 184.19g (204.65%), Cholesterol: 0mg (0%), Sodium: 28.33mg (1.23%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.45%), Vitamin C: 100.89mg (122.29%), Manganese: 0.57mg (28.36%), Fiber: 4.12g (16.49%), Folate: 43.89µg (10.97%), Potassium: 286.42mg (8.18%), Copper: 0.15mg (7.37%), Iron: 1.08mg (5.99%), Magnesium: 22.29mg (5.57%), Vitamin B2: 0.08mg (4.85%), Vitamin B1: 0.06mg (4.31%), Vitamin B6: 0.08mg (4.15%), Phosphorus: 39.85mg (3.99%), Vitamin B3: 0.69mg (3.43%), Calcium: 31.12mg (3.11%), Vitamin K: 3.15µg (3%), Vitamin E: 0.43mg (2.85%), Vitamin B5: 0.26mg (2.57%), Selenium: 1.66µg (2.38%), Zinc: 0.29mg (1.96%), Vitamin A: 85.68IU (1.71%)