



Strawberry-Port Jam



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



75

CALORIES



53 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 teaspoon lemon rind grated
- ☐ 1.5 cups ruby port
- ☐ 1.8 ounce powdered fruit pectin
- ☐ 20 ounce strawberries unsweetened frozen thawed
- ☐ 4 cups sugar

Equipment

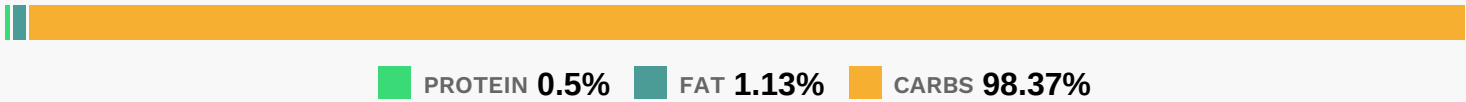
- ☐ sauce pan

☐ measuring cup

Directions

- ☐ Chop or crush thawed strawberries in a 4-cup measuring cup.
- ☐ Add water to strawberries to measure 2 1/2 cups.
- ☐ Stir together strawberry mixture, ruby port, grated lemon rind, and ground nutmeg in a large saucepan. Stir in fruit pectin.
- ☐ Bring mixture to a full rolling boil, and boil, stirring constantly, 1 minute.
- ☐ Add sugar, stirring constantly, and bring to a full rolling boil. Boil 1 minute.
- ☐ Remove from heat, and skim off any foam.
- ☐ Pour hot jam immediately into hot, sterilized jars, filling to 1/4 inch from top.
- ☐ Remove air bubbles; wipe jar rims. Cover at once with metal lids, and screw on bands.
- ☐ Process in boiling-water bath 10 minutes.
- ☐ Note: Ruby port is a deep red-colored sweet wine typically enjoyed as an after-dinner drink. It's usually sold in liquor stores because of a higher alcohol content than other wines.

Nutrition Facts



Properties

Glycemic Index:2.4, Glycemic Load:7.62, Inflammation Score:-1, Nutrition Score:0.53173912300364%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Malvidin: 4.55mg, Malvidin: 4.55mg, Malvidin: 4.55mg, Malvidin: 4.55mg Pelargonidin: 1.88mg, Pelargonidin: 1.88mg, Pelargonidin: 1.88mg, Pelargonidin: 1.88mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg 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 Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg

Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 53.4kcal (2.67%), Fat: 0.06g (0.1%), Saturated Fat: 0g (0.03%), Carbohydrates: 12.47g (4.16%), Net Carbohydrates: 12.26g (4.46%), Sugar: 11.39g (12.66%), Cholesterol: 0mg (0%), Sodium: 1.94mg (0.08%), Alcohol: 0.73g (100%), Alcohol %: 3.92% (100%), Protein: 0.06g (0.13%), Vitamin C: 4.48mg (5.43%), Manganese: 0.04mg (1.81%)