

# Strawberry Raspberry Jam

 Vegetarian  Gluten Free  Low Fod Map

READY IN



25 min.

SERVINGS



100

CALORIES



14 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- 0.3 teaspoon butter (prevents foaming)
- 1.3 cups berry juice blend unsweetened
- 1.5 tablespoons juice of lemon
- 12 oz coarsely raspberries mashed
- 1.5 cups coarsely strawberries mashed (from 1 lb. fruit)
- 1.3 cups sugar divided
- 2.5 tablespoons no sugar needed recipes (half a)

## Equipment

ladle

pot

## Directions

Combine pectin and 1/4 cup sugar in a 5- to 6-qt. pot. Stir in berries, then berry and lemon juices and butter. Bring mixture to a brisk boil over high heat, stirring often.

Add remaining 1 cup sugar. Return jam to a brisk boil, stirring. Cook, stirring constantly, 1 minute.

Remove from heat.

Ladle jam into heatproof jars and close with lids.

Let cool to room temperature. Keeps, chilled, up to 1 month.

\*We used Santa Cruz Organic Berry Nectar.

## Nutrition Facts



**PROTEIN 1.69%** **FAT 3.58%** **CARBS 94.73%**

## Properties

Glycemic Index:2.56, Glycemic Load:2.05, Inflammation Score:-1, Nutrition Score:0.41217391354882%

## Flavonoids

Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg Petunidin: 0.36mg, Petunidin: 0.36mg, Petunidin: 0.36mg, Petunidin: 0.36mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Malvidin: 0.97mg, Malvidin: 0.97mg, Malvidin: 0.97mg, Malvidin: 0.97mg Pelargonidin: 0.57mg, Pelargonidin: 0.57mg, Pelargonidin: 0.57mg, Pelargonidin: 0.57mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 14.37kcal (0.72%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 3.61g (1.2%), Net Carbohydrates: 3.29g (1.2%), Sugar: 3.22g (3.58%), Cholesterol: 0.03mg (0.01%), Sodium: 0.19mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.13%), Vitamin C: 2.3mg (2.78%), Manganese: 0.03mg (1.71%), Fiber: 0.32g (1.27%)