



Strawberry Raspberry Preserves

 Dairy Free

READY IN



165 min.

SERVINGS



3

CALORIES



894 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 orange zest juiced
- 2 packages premium fruit pectin
- 2 pints raspberries
- 1 quart strawberries quartered
- 2 cups sugar
- 3 servings biscuits for serving

Equipment

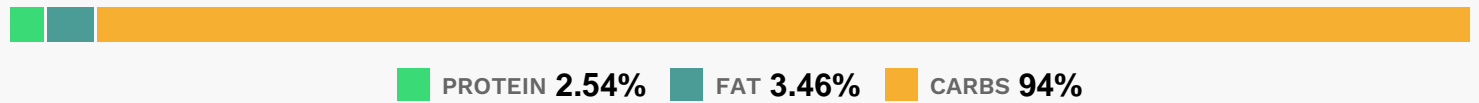
- food processor

- bowl
- sauce pan

Directions

- In a large bowl, combine the strawberries, raspberries, sugar, orange zest and juice. Stir to combine and let macerate for 30 minutes.
- After 30 minutes, gently smash the fruit mixture to start breaking the fruit down.
- Remove one-quarter of the fruit mixture and PULSE (not puree) in the food processor and return it to the bowl.
- In a small saucepan, combine the pectin and 3/4 cup water. Bring the water to a boil and boil for 1 minute, no longer.
- Add to the fruit and stir for 3 to 4 minutes.
- Cover and place in the refrigerator to set for 2 hours or overnight.
- Serve with toast or homemade biscuits.

Nutrition Facts



Properties

Glycemic Index:67.03, Glycemic Load:104.98, Inflammation Score:-9, Nutrition Score:27.253043413972%

Flavonoids

Cyanidin: 149.68mg, Cyanidin: 149.68mg, Cyanidin: 149.68mg, Cyanidin: 149.68mg Petunidin: 1.32mg, Petunidin: 1.32mg, Petunidin: 1.32mg, Petunidin: 1.32mg Delphinidin: 5.14mg, Delphinidin: 5.14mg, Delphinidin: 5.14mg, Delphinidin: 5.14mg Malvidin: 0.44mg, Malvidin: 0.44mg, Malvidin: 0.44mg, Malvidin: 0.44mg Pelargonidin: 81.48mg, Pelargonidin: 81.48mg, Pelargonidin: 81.48mg, Pelargonidin: 81.48mg Peonidin: 0.54mg, Peonidin: 0.54mg, Peonidin: 0.54mg, Peonidin: 0.54mg Catechin: 13.94mg, Catechin: 13.94mg, Catechin: 13.94mg, Catechin: 13.94mg Epigallocatechin: 3.91mg, Epigallocatechin: 3.91mg, Epigallocatechin: 3.91mg, Epigallocatechin: 3.91mg Epicatechin: 12.43mg, Epicatechin: 12.43mg, Epicatechin: 12.43mg, Epicatechin: 12.43mg Epicatechin 3-gallate: 0.47mg, Epicatechin 3-gallate: 0.47mg, Epicatechin 3-gallate: 0.47mg, Epicatechin 3-gallate: 0.47mg Epigallocatechin 3-gallate: 2.05mg, Epigallocatechin 3-gallate: 2.05mg, Epigallocatechin 3-gallate: 2.05mg, Epigallocatechin 3-gallate: 2.05mg Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 6.81mg, Quercetin: 6.81mg, Quercetin: 6.81mg, Quercetin: 6.81mg

Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 894.18kcal (44.71%), Fat: 3.7g (5.69%), Saturated Fat: 0.15g (0.94%), Carbohydrates: 226.18g (75.39%),
Net Carbohydrates: 196.07g (71.3%), Sugar: 162.47g (180.52%), Cholesterol: 0.01mg (0%), Sodium: 83.85mg
(3.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.24%), Vitamin C: 273.57mg (331.6%),
Manganese: 3.36mg (168.19%), Fiber: 30.12g (120.47%), Folate: 144.19µg (36.05%), Vitamin K: 31.59µg (30.08%),
Copper: 0.59mg (29.46%), Magnesium: 111.79mg (27.95%), Potassium: 974.69mg (27.85%), Iron: 4.51mg (25.03%),
Vitamin E: 3.68mg (24.55%), Phosphorus: 173mg (17.3%), Vitamin B6: 0.33mg (16.63%), Vitamin B3: 3.18mg
(15.88%), Vitamin B5: 1.49mg (14.91%), Vitamin B2: 0.24mg (14.18%), Calcium: 139.93mg (13.99%), Zinc: 1.95mg
(13.01%), Vitamin B1: 0.19mg (12.56%), Selenium: 2.92µg (4.17%), Vitamin A: 159.77IU (3.2%)