



Sunday Brunch: PBRJ (Peanut Butter and Rhubarb Jelly)

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



416 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 juice of lemon
- 1 teaspoon premium fruit pectin
- 4 cups rhubarb diced trimmed
- 2 cups sugar

Equipment

- bowl
- sauce pan

stove

Directions

- In a bowl, combine the rhubarb, 2 cups of the sugar, and lemon juice. Refrigerate overnight in a tightly covered container.
- The next day, bring the rhubarb-sugar mixture to a boil in a small saucepan. Reduce the heat and simmer for about 5 minutes.
- Remove from the heat.
- In a small bowl, combine the pectin and remaining teaspoon sugar and temper it by adding small amounts of the hot rhubarb mixture and quickly stirring it in.
- Add this to the rest of the rhubarb, return the saucepan to the stove, and bring to a boil.
- Remove from the heat and pour into a clean container with a lid. Once it has cooled down, close the lid and store in the refrigerator for up to 2 weeks.

Nutrition Facts

 **PROTEIN 1.03%**  **FAT 1.21%**  **CARBS 97.76%**

Properties

Glycemic Index:20.77, Glycemic Load:70.25, Inflammation Score:-2, Nutrition Score:5.3121739392695%

Flavonoids

Catechin: 2.65mg, Catechin: 2.65mg, Catechin: 2.65mg, Catechin: 2.65mg Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg Epicatechin 3-gallate: 0.73mg, Epicatechin 3-gallate: 0.73mg, Epicatechin 3-gallate: 0.73mg, Epicatechin 3-gallate: 0.73mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 416.27kcal (20.81%), Fat: 0.59g (0.9%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 106.77g (35.59%), Net Carbohydrates: 104.45g (37.98%), Sugar: 101.33g (112.59%), Cholesterol: 0mg (0%), Sodium: 8.42mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.26%), Vitamin K: 35.75µg (34.04%), Vitamin C: 12.66mg (15.35%), Manganese: 0.24mg (12.24%), Calcium: 106.46mg (10.65%), Potassium: 361.17mg (10.32%), Fiber: 2.32g (9.3%), Magnesium: 15.1mg (3.78%), Vitamin B2: 0.06mg (3.38%), Selenium: 1.95µg (2.79%), Folate: 10.05µg (2.51%), Vitamin A: 124.93IU (2.5%), Vitamin E: 0.34mg (2.27%), Iron: 0.36mg (1.99%), Copper: 0.04mg (1.95%), Vitamin B3:

0.37mg (1.86%), Phosphorus: 17.7mg (1.77%), Vitamin B1: 0.03mg (1.75%), Vitamin B6: 0.03mg (1.64%), Vitamin B5:
0.11mg (1.15%)