



SURE.JELL Dutch Apple Pie Jam

 Gluten Free  Dairy Free

READY IN



120 min.

SERVINGS



70

CALORIES



65 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 cup firmly brown sugar light packed
- 0.5 tsp butter
- 4 cups fruit green prepared (1 lb. Granny Smith or other tart apples)
- 1 box sure-jell fruit pectin
- 4 cups granulated sugar (See tip below.)
- 0.3 tsp ground allspice
- 1 tsp ground cinnamon
- 2 Tbsp juice of lemon fresh

- 0.5 cup raisins
- 1.3 cups water

Equipment

- sauce pan
- ladle
- pot

Directions

- Bring boiling-water canner, half-full with water, to simmer. Wash jars and screw bands in hot, soapy water; rinse with warm water.
- Pour boiling water over flat lids in saucepan off the heat.
- Let stand in hot water until ready to use.
- Drain well before filling.
- Peel and core apples; finely chop or grind.
- Add water and raisins. Measure exactly 4 cups into 6- or 8-quart saucepot. Stir in lemon juice, cinnamon and allspice.
- Stir pectin into fruit in saucepot.
- Add butter to reduce foaming, if desired. Bring mixture to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly.
- Stir in all sugars quickly. Return to full rolling boil and boil exactly 1 minute, stirring constantly.
- Remove from heat. Skim off any foam with metal spoon
- Ladle quickly into prepared jars, filling to within 1/4 inch of tops. Wipe jar rims and threads. Cover with two-piece lids. Screw bands tightly.
- Place jars on elevated rack in canner. Lower rack into canner. Water must cover jars by 1 to 2 inches; add boiling water if needed. Cover; bring water to gentle boil. Process 10 minutes.
- Remove jars and place upright on a towel to cool completely. After jars cool, check seals by pressing middle of lid with finger. (If lid springs back, lid is not sealed and refrigeration is necessary.)

Nutrition Facts



■ PROTEIN 0.32% ■ FAT 1.12% ■ CARBS 98.56%

Properties

Glycemic Index:2.58, Glycemic Load:8.68, Inflammation Score:0, Nutrition Score:0.30478260763313%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 65.49kcal (3.27%), Fat: 0.09g (0.13%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 16.97g (5.66%), Net Carbohydrates: 16.65g (6.05%), Sugar: 15.21g (16.9%), Cholesterol: 0mg (0%), Sodium: 3.33mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.11%), Fiber: 0.33g (1.3%)