



SURE.JELL for Less or No Sugar Needed - Cherry Freezer Jam



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1440 min.

SERVINGS



100

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 cups fruit sour ripe prepared (buy 4 lb. fully cherries)
- ☐ 2 Tbsp juice of lemon fresh
- ☐ 1 box sure-jell for less or no sugar needed recipes premium fruit pectin
- ☐ 2.5 cups sugar
- ☐ 1 cup water

Equipment

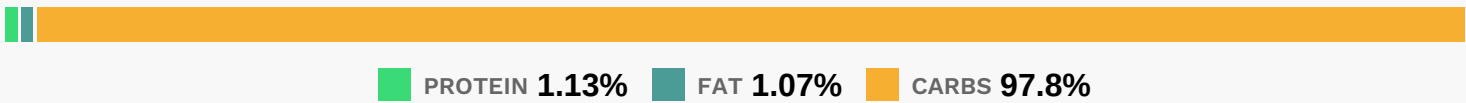
- ☐ bowl

☐ sauce pan

Directions

- ☐ Rinse clean plastic containers and lids with boiling water. Dry thoroughly.
- ☐ Stem and pit cherries. Chop cherries very finely. Measure exactly 5 cups chopped cherries into large bowl.
- ☐ Mix sugar and pectin in large saucepan. Stir in water. Bring to boil on medium-high heat, stirring constantly. Boil and stir 1 min.
- ☐ Remove from heat.
- ☐ Add cherries; stir 1 min. or until well blended.
- ☐ Fill all containers immediately to within 1/2 inch of tops. Wipe off top edges of containers; immediately cover with lids.
- ☐ Let stand at room temperature 24 hours. Jam is now ready to use. Store in refrigerator up to 3 weeks or freeze extra containers up to 1 year. Thaw in refrigerator before using.

Nutrition Facts



Properties

Glycemic Index:0.92, Glycemic Load:3.7, Inflammation Score:-1, Nutrition Score:0.19217391409304%

Flavonoids

Cyanidin: 2.08mg, Cyanidin: 2.08mg, Cyanidin: 2.08mg, Cyanidin: 2.08mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 25.29kcal (1.26%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0.02%), Carbohydrates: 6.56g (2.19%), Net Carbohydrates: 6.37g (2.32%), Sugar: 5.88g (6.53%), Cholesterol: 0mg (0%), Sodium: 1.17mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.15%)