



## SURE.JELL for Less or No Sugar Needed - Red Raspberry Freezer Jam

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



1500 min.

SERVINGS



1

CALORIES



3398 kcal

SIDE DISH

### Ingredients

- 4 cups fruit red ripe prepared ( 3 pt. fully raspberries)
- 1 box sure-jell for less or no sugar needed recipes premium fruit pectin
- 3.5 cups sugar
- 1 cup water

### Equipment

- bowl
- sauce pan

sieve

## Directions

- Rinse clean plastic containers and lids with boiling water. Dry thoroughly.
- Crush raspberries thoroughly, one layer at a time. (Press 1/2 of the pulp through sieve to remove some of the seeds, if desired.) Measure exactly 4 cups crushed raspberries into large bowl.
- Mix sugar and pectin in large saucepan. Stir in water. Bring to boil on medium-high heat, stirring constantly. Continue boiling and stirring 1 minute.
- Remove from heat.
- Add raspberries; stir 1 minute 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

 PROTEIN **0.5%**  FAT **0.84%**  CARBS **98.66%**

## Properties

Glycemic Index:70.09, Glycemic Load:488.67, Inflammation Score:-8, Nutrition Score:18.682173956995%

## Nutrients (% of daily need)

Calories: 3397.86kcal (169.89%), Fat: 3.34g (5.14%), Saturated Fat: 0.12g (0.75%), Carbohydrates: 881.28g (293.76%), Net Carbohydrates: 861.81g (313.39%), Sugar: 805.25g (894.72%), Cholesterol: 0mg (0%), Sodium: 166.23mg (7.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.02%), Fiber: 19.47g (77.87%), Vitamin A: 2864.46IU (57.29%), Copper: 1.01mg (50.39%), Vitamin K: 43.61µg (41.53%), Iron: 4.64mg (25.8%), Vitamin C: 20.86mg (25.28%), Potassium: 861.22mg (24.61%), Vitamin B2: 0.39mg (22.97%), Vitamin B3: 3.72mg (18.59%), Manganese: 0.32mg (15.95%), Magnesium: 50.27mg (12.57%), Phosphorus: 114.76mg (11.48%), Zinc: 1.18mg (7.88%), Vitamin B1: 0.12mg (7.85%), Vitamin B6: 0.16mg (7.83%), Calcium: 65mg (6.5%), Selenium: 4.2µg (6%), Folate: 19.46µg (4.86%), Vitamin B5: 0.44mg (4.44%)