



SURE-JELL Honey Lemon Marmalade

 Gluten Free  Dairy Free

READY IN



220 min.

SERVINGS



80

CALORIES



52 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 tsp baking soda
- 0.5 tsp butter
- 3 cups fruit prepared (buy 7 lemons)
- 1 box sure-jell fruit pectin
- 2 cups honey
- 2 cups sugar
- 1.5 cups water

Equipment

- sauce pan
- ladle
- pot
- peeler

Directions

- Bring boiling-water canner, half full with water, to simmer. Wash jars and screw bands in hot soapy water.
- Pour boiling water over flat lids in saucepan off the heat.
- Let stand in hot water until ready to use.
- Drain jars well before filling.
- Remove colored part of peel from lemons using vegetable peeler; chop peel and set aside. Peel and discard remaining white part of peel from lemons. Chop lemons, reserving any juice; set aside.
- Place peels, water and baking soda in large saucepan. Bring to boil. Reduce heat; cover. Simmer 10 min, stirring occasionally.
- Add chopped lemons and reserved juice; cover. Simmer an additional 20 min.
- Measure exactly 3 cups prepared fruit into 6- or 8-qt. saucepot. Stir in pectin.
- Add butter to reduce foaming. Bring to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly.
- Add sugar and honey; stir. Return to full rolling boil and boil exactly 1 min., stirring constantly.
- Remove from heat. Skim off any foam with metal spoon.
- Ladle immediately 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 necessary.) Cover; bring water to gentle boil. Process 5 min.
- Remove jars and place upright on a towel to cool completely. After jars cool, check seals by pressing middles of lids with finger. (If lids spring back, lids are not sealed and refrigeration is necessary.)

Nutrition Facts

PROTEIN 0.49% FAT 0.81% CARBS 98.7%

Properties

Glycemic Index:1.53, Glycemic Load:7.13, Inflammation Score:-1, Nutrition Score:0.25695652425613%

Nutrients (% of daily need)

Calories: 52.32kcal (2.62%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 13.83g (4.61%), Net Carbohydrates: 13.62g (4.95%), Sugar: 12.95g (14.39%), Cholesterol: 0mg (0%), Sodium: 10.45mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.14%)