



SURE.JELL Jalapeño Jelly

 **Gluten Free**  **Dairy Free**

READY IN



65 min.

SERVINGS



5

CALORIES



842 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 cup heinz apple cider vinegar
- 0.5 tsp butter
- 1 pkg sure-jell fruit pectin
- 1.5 cups pasilla peppers green seeded finely chopped
- 1 cup jalapeño peppers seeded finely chopped
- 1.5 cups pasilla peppers red seeded finely chopped
- 5 cup sugar (See tip.)

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.
- Place peppers in 6- or 8-qt. saucepot.
- Add vinegar. Stir in pectin.
- Add butter to reduce foaming. Bring mixture to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly. Stir in sugar. 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 2-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 10 min.
- Remove jars and place u

Nutrition Facts

 PROTEIN 0.51%  FAT 1.35%  CARBS 98.14%

Properties

Glycemic Index:32.42, Glycemic Load:140.58, Inflammation Score:-8, Nutrition Score:10.584347756418%

Flavonoids

Luteolin: 3.78mg, Luteolin: 3.78mg, Luteolin: 3.78mg, Luteolin: 3.78mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 842.44kcal (42.12%), Fat: 1.31g (2.01%), Saturated Fat: 0.15g (0.96%), Carbohydrates: 214.84g (71.61%), Net Carbohydrates: 211.78g (77.01%), Sugar: 203.46g (226.06%), Cholesterol: 0mg (0%), Sodium: 32.85mg (1.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.23%), Vitamin C: 117.11mg (141.96%), Vitamin A: 1692.32IU (33.85%), Vitamin B6: 0.3mg (14.9%), Manganese: 0.28mg (13.75%), Fiber: 3.07g (12.26%), Potassium: 264.48mg (7.56%), Vitamin K: 7.7µg (7.34%), Folate: 28.12µg (7.03%), Vitamin E: 1mg (6.64%), Vitamin B2: 0.1mg (6.06%), Copper: 0.12mg (5.83%), Iron: 0.91mg (5.07%), Vitamin B1: 0.07mg (4.5%), Vitamin B3: 0.8mg (3.98%), Magnesium: 15.32mg (3.83%), Phosphorus: 30.65mg (3.07%), Vitamin B5: 0.23mg (2.27%), Zinc: 0.29mg (1.96%), Selenium: 1.29µg (1.85%), Calcium: 16.77mg (1.68%)