



## SURE.JELL Orange Marmalade

 Gluten Free  Dairy Free  Low Fod Map

READY IN



60 min.

SERVINGS



1

CALORIES



4955 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 0.1 tsp baking soda
- 0.5 tsp butter
- 4 cups fruit prepared (buy 4 medium oranges and 2 medium lemons)
- 1 box sure-jell fruit pectin
- 5.5 cups sugar
- 2.5 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; 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 jars well before filling.
- Remove colored part of peel from oranges and lemons using vegetable peeler.
- Cut into thin slivers.
- Mix the peels, water and baking soda in large saucepan. Bring to boil. Reduce heat to medium-low; cover and simmer 20 min., stirring occasionally.
- Add the fruit and juice. Cover and simmer an additional 10 min. Measure exactly 4 cups prepared fruit into 6- or 8-qt. saucepot.
- Stir pectin into prepared fruit in saucepot.
- 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 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 10 min.
- Remove jars and place upright on 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 0.35% ■ FAT 1.13% ■ CARBS 98.52%

## Properties

Glycemic Index:70.09, Glycemic Load:767.92, Inflammation Score:-8, Nutrition Score:19.535217628855%

## Nutrients (% of daily need)

Calories: 4954.76kcal (247.74%), Fat: 6.51g (10.02%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 1279.7g (426.57%), Net Carbohydrates: 1260.24g (458.27%), Sugar: 1204.45g (1338.28%), Cholesterol: 0mg (0%), Sodium: 367.45mg (15.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.06%), Fiber: 19.47g (77.87%), Vitamin A: 2948.52IU (58.97%), Copper: 1.09mg (54.63%), Vitamin K: 43.61µg (41.53%), Vitamin B2: 0.47mg (27.49%), Iron: 4.84mg (26.91%), Vitamin C: 20.86mg (25.29%), Potassium: 870.21mg (24.86%), Vitamin B3: 3.72mg (18.6%), Manganese: 0.34mg (16.75%), Magnesium: 53.89mg (13.47%), Phosphorus: 115.3mg (11.53%), Selenium: 6.6µg (9.43%), Zinc: 1.26mg (8.38%), Calcium: 80.35mg (8.03%), Vitamin B1: 0.12mg (7.87%), Vitamin B6: 0.16mg (7.84%), Folate: 19.48µg (4.87%), Vitamin B5: 0.45mg (4.46%)