



SURE.JELL Pear Jam

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



96

CALORIES



48 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 tsp butter
- 4 cups fruit ripe prepared (buy 3 lb. fully pears)
- 1 box sure-jell fruit pectin
- 2 Tbsp juice of lemon fresh
- 5 cups sugar (see tip below)

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.
- Peel and core pears. Finely grind or chop fruit. Measure exactly 4 cups prepared fruit into 6- or 8-qt. saucepot. Stir in lemon juice.
- 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; 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 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 upright on towel to cool completely. After jars cool, check seals by pressing middle of lid with finger. (If lid springs back, lid is not sealed and refrigeration is necessary.)

Nutrition Facts

 PROTEIN **0.39%**  FAT **1.17%**  CARBS **98.44%**

Properties

Glycemic Index:0.73, Glycemic Load:7.27, Inflammation Score:-1, Nutrition Score:0.20782608789918%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg,
Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg

Nutrients (% of daily need)

Calories: 47.67kcal (2.38%), Fat: 0.07g (0.1%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 12.31g (4.1%), Net
Carbohydrates: 12.11g (4.4%), Sugar: 11.51g (12.79%), Cholesterol: 0mg (0%), Sodium: 1.87mg (0.08%), Alcohol: 0g
(100%), Alcohol %: 0% (100%), Protein: 0.05g (0.1%)