



SURE.JELL Strawberry Banana Jam

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

READY IN



120 min.

SERVINGS



1

CALORIES



5606 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 tsp butter
- 4.8 cups fruit ripe prepared (2 quarts fully strawberries and 3 fully medium bananas)
- 1 box sure-jell fruit pectin
- 3 Tbsp juice of lemon fresh
- 6.8 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.
- Stem and crush strawberries thoroughly, one layer at a time. Measure exactly 3-1/4 cups prepared strawberries into 6- or 8-quart saucepot. Mash bananas thoroughly. Measure exactly 1-1/2 cups prepared bananas into strawberries in saucepot. Stir in lemon juice.
- Stir pectin into fruit in saucepot.
- Add butter to reduce foaming, if desired. Bring mixture to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly.
- Stir in all sugar quickly. Return to full rolling boil and boil exactly 1 minute, stirring constantly.
- Remove from heat. Skim off any foam with metal spoon.
- Ladle quickly 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 needed. Cover; bring water to gentle boil. Process 10 minutes.
- Remove jars and place upright on a 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 0.33%  FAT 1.3%  CARBS 98.37%

Properties

Glycemic Index:110.09, Glycemic Load:957.98, Inflammation Score:-8, Nutrition Score:25.873912823265%

Flavonoids

Cyanidin: 11.49mg, Cyanidin: 11.49mg, Cyanidin: 11.49mg, Cyanidin: 11.49mg Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg Delphinidin: 2.12mg, Delphinidin: 2.12mg, Delphinidin: 2.12mg, Delphinidin: 2.12mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 169.97mg, Pelargonidin: 169.97mg, Pelargonidin: 169.97mg Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg Catechin: 21.27mg, Catechin: 21.27mg, Catechin: 21.27mg, Catechin: 21.27mg Epigallocatechin: 5.34mg, Epigallocatechin: 5.34mg, Epigallocatechin: 5.34mg, Epigallocatechin: 5.34mg Epicatechin: 2.87mg, Epicatechin: 2.87mg, Epicatechin: 2.87mg, Epicatechin: 2.87mg Epicatechin 3-gallate: 1.03mg, Epicatechin 3-gallate: 1.03mg, Epicatechin 3-gallate: 1.03mg, Epicatechin 3-gallate: 1.03mg Epigallocatechin 3-gallate: 0.75mg, Epigallocatechin 3-gallate: 0.75mg, Epigallocatechin 3-gallate: 0.75mg, Epigallocatechin 3-gallate: 0.75mg Eriodictyol: 2.2mg, Eriodictyol: 2.2mg, Eriodictyol: 2.2mg, Eriodictyol: 2.2mg Hesperetin: 6.51mg, Hesperetin: 6.51mg, Hesperetin: 6.51mg, Hesperetin: 6.51mg Naringenin: 2.4mg, Naringenin: 2.4mg, Naringenin: 2.4mg, Naringenin: 2.4mg Kaempferol: 3.42mg, Kaempferol: 3.42mg, Kaempferol: 3.42mg, Kaempferol: 3.42mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg Gallocatechin: 0.21mg, Gallocatechin: 0.21mg, Gallocatechin: 0.21mg, Gallocatechin: 0.21mg

Nutrients (% of daily need)

Calories: 5605.68kcal (280.28%), Fat: 8.52g (13.11%), Saturated Fat: 0.54g (3.36%), Carbohydrates: 1445.46g (481.82%), Net Carbohydrates: 1427.34g (519.03%), Sugar: 1381.88g (1535.42%), Cholesterol: 0mg (0%), Sodium: 142.95mg (6.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.82%), Vitamin C: 419.61mg (508.62%), Manganese: 2.73mg (136.73%), Fiber: 18.11g (72.46%), Folate: 173.68µg (43.42%), Potassium: 1124.36mg (32.12%), Copper: 0.64mg (32%), Iron: 4.87mg (27.06%), Vitamin B2: 0.44mg (26.15%), Magnesium: 92.19mg (23.05%), Vitamin B6: 0.35mg (17.37%), Phosphorus: 169.3mg (16.93%), Selenium: 10.88µg (15.54%), Vitamin K: 15.05µg (14.33%), Vitamin E: 2.12mg (14.16%), Vitamin B3: 2.68mg (13.42%), Calcium: 129.85mg (12.98%), Vitamin B1: 0.18mg (11.95%), Vitamin B5: 0.97mg (9.71%), Zinc: 1.35mg (9%), Vitamin A: 170.34IU (3.41%)