



SURE-JELL® Herbed Onion Jelly

 Gluten Free  Dairy Free

READY IN



185 min.

SERVINGS



5

CALORIES



925 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 tsp butter
- 0.8 cup heinz distilled vinegar white
- 3 Tbsp thyme leaves fresh chopped
- 1 box sure-jell fruit pectin
- 3 cups pepperoncini pepper juice sweet prepared (buy 2 lb. onions)
- 5.5 cups sugar
- 2 cups water

Equipment

- bowl
- sauce pan
- ladle
- pot
- cheesecloth

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.
- Peel, quarter and finely chop onions.
- Place in saucepan; add water. Bring to boil.
- Remove from heat; cool slightly.
- Place three layers of damp cheesecloth or a jelly bag in large bowl.
- Pour prepared onions into cheesecloth. Tie cheesecloth closed, hang and let drip into bowl until dripping stops. Press gently. Measure exactly 3 cups juice into 6- or 8-qt. saucepot. (If needed, add up to 1/2 cup water for exact measure.) Stir in vinegar and thyme.
- Stir pectin into juice in saucepan.
- 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. Bring 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 0.43% ■ FAT 1.18% ■ CARBS 98.39%

Properties

Glycemic Index:33.02, Glycemic Load:153.79, Inflammation Score:-10, Nutrition Score:4.181304326281%

Flavonoids

Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 1.09mg, Myricetin: 1.09mg, Myricetin: 1.09mg, Myricetin: 1.09mg Quercetin: 13.94mg, Quercetin: 13.94mg, Quercetin: 13.94mg, Quercetin: 13.94mg

Nutrients (% of daily need)

Calories: 924.73kcal (46.24%), Fat: 1.26g (1.94%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 236.45g (78.82%), Net Carbohydrates: 234.14g (85.14%), Sugar: 224.39g (249.33%), Cholesterol: 0mg (0%), Sodium: 40.19mg (1.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.07%), Vitamin C: 11.33mg (13.74%), Fiber: 2.31g (9.25%), Manganese: 0.18mg (9.1%), Iron: 1.38mg (7.64%), Copper: 0.15mg (7.6%), Vitamin B6: 0.14mg (7.02%), Folate: 24.07µg (6.02%), Vitamin B2: 0.09mg (5.12%), Calcium: 44.39mg (4.44%), Vitamin A: 217.61IU (4.35%), Magnesium: 16.8mg (4.2%), Potassium: 145.88mg (4.17%), Phosphorus: 32.21mg (3.22%), Selenium: 1.99µg (2.84%), Vitamin B1: 0.04mg (2.81%), Zinc: 0.28mg (1.89%), Vitamin B5: 0.12mg (1.23%), Vitamin B3: 0.2mg (1.02%)