

# Surprise Raspberry Jam



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



44

CALORIES



88 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- 1 tablespoon juice of lemon
- 6 ounces raspberry gelatin
- 4 cups sugar
- 5 cups tomatoes fresh peeled chopped

## Equipment

- sauce pan

## Directions

- Rinse three clean 1-pint plastic containers with lids with boiling water. Dry thoroughly.
- In a large saucepan, combine tomatoes, sugar and lemon juice. Cook and stir over high heat until mixture comes to a boil. Reduce heat; simmer, uncovered, 25 minutes.
- Remove from heat. Skim off foam if necessary.
- Add gelatin; stir until completely dissolved.
- Immediately fill all containers to within 1/2 in. of tops. Cool to room temperature, about 1 hour. Wipe off top edges of containers; cover with lids.
- Let stand at room temperature 3 hours or until set, but not longer than 24 hours.
- Jam is now ready to use. Refrigerate up to 3 weeks or freeze up to 12 months. Thaw frozen jam in refrigerator before serving.

## Nutrition Facts

 PROTEIN 1.97%  FAT 0.91%  CARBS 97.12%

## Properties

Glycemic Index:2.46, Glycemic Load:12.87, Inflammation Score:-1, Nutrition Score:0.74521738679513%

## 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 Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 87.85kcal (4.39%), Fat: 0.09g (0.14%), Saturated Fat: 0g (0.03%), Carbohydrates: 22.29g (7.43%), Net Carbohydrates: 22.09g (8.03%), Sugar: 21.93g (24.36%), Cholesterol: 0mg (0%), Sodium: 19.05mg (0.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.9%), Vitamin C: 2.45mg (2.97%), Vitamin A: 141.06IU (2.82%), Vitamin K: 1.34µg (1.27%), Potassium: 41.11mg (1.17%), Manganese: 0.02mg (1.02%)