

Sweet chilli jam



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



80 min.

SERVINGS



40

CALORIES



86 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 8 bell pepper red deseeded roughly chopped
- ☐ 10 pepper flakes red roughly chopped
- ☐ 1 piece ginger fresh peeled roughly chopped
- ☐ 8 garlic clove peeled
- ☐ 400 g cherry tomatoes canned
- ☐ 750 g brown sugar
- ☐ 250 ml red wine vinegar

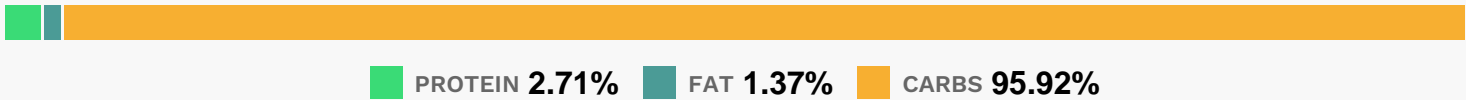
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Tip the peppers, chillies (with seeds), ginger and garlic into a food processor, then whizz until very finely chopped.
- ☐ Scrape into a heavy-bottomed pan with the tomatoes, sugar and vinegar, then bring everything to the boil. Skim off any scum that comes to the surface, then turn the heat down to a simmer and cook for about 50 mins, stirring occasionally.
- ☐ Once the jam is becoming sticky, continue cooking for 10–15 mins more, stirring frequently so that it doesnt catch and burn. It should now look like thick, bubbling lava. Cool slightly, transfer to sterilised jars, then leave to cool completely. Keeps for 3 months in a cool, dark cupboard refrigerate once opened.

Nutrition Facts



Properties

Glycemic Index:3.05, Glycemic Load:0.73, Inflammation Score:-6, Nutrition Score:5.4486957296081%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 85.97kcal (4.3%), Fat: 0.14g (0.21%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 21.47g (7.16%), Net Carbohydrates: 20.71g (7.53%), Sugar: 20.04g (22.27%), Cholesterol: 0mg (0%), Sodium: 8.94mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.21%), Vitamin C: 49.14mg (59.56%), Vitamin A: 901.23IU (18.02%), Vitamin B6: 0.15mg (7.47%), Manganese: 0.08mg (4.18%), Potassium: 138.78mg (3.97%), Folate: 15.06µg (3.77%), Vitamin E: 0.51mg (3.4%), Fiber: 0.75g (3.02%), Vitamin K: 3.03µg (2.89%), Iron: 0.46mg (2.55%), Vitamin B3: 0.45mg (2.26%), Calcium: 21.4mg (2.14%), Magnesium: 8.51mg (2.13%), Vitamin B2: 0.03mg (1.93%), Copper: 0.04mg (1.88%), Vitamin B1: 0.03mg (1.72%), Phosphorus: 16.06mg (1.61%), Vitamin B5: 0.14mg (1.4%)