



Thai Sweet Chili Jelly



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



2524 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 10 medium cloves garlic
- ☐ 6 cups granulated sugar
- ☐ 0.8 cup liquid pectin
- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds thai chile fresh red trimmed
- ☐ 2 cups vinegar white

Equipment

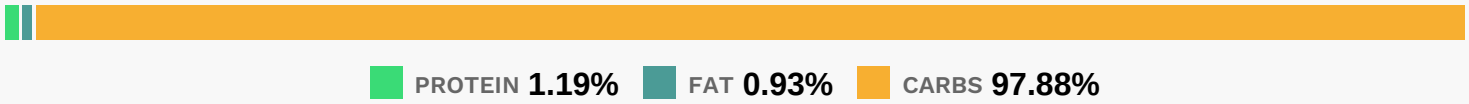
- ☐ food processor

- ☐ bowl
- ☐ pot
- ☐ blender

Directions

- ☐ In a blender or food processor bowl, purée the peppers, garlic, and vinegar together until the mixture is coarsely chopped. Adjust chunkiness or smoothness to your preference.
- ☐ Transfer the pepper–garlic mixture to a large, deep stainless steel pot.
- ☐ Add the sugar to the pot. Bring to a boil over high heat, stirring occasionally, for 10 minutes. Stir in the pectin and boil hard, stirring constantly, for one minute.
- ☐ Remove from heat and skim off any foam that may form on the surface.
- ☐ Quickly pour hot jelly into sterilized jars, leaving 1/2 inch (1/2 centimeter) headspace. Wipe rim.
- ☐ Place the flat lids on the jars. Screw down the bands until resistance is met.
- ☐ The jelly can be kept in the refrigerator for up to six months. If you would like to preserve it longer without refrigeration, follow the steps in A Beginner's Guide to Canning.

Nutrition Facts



Properties

Glycemic Index:75.05, Glycemic Load:420.31, Inflammation Score:-10, Nutrition Score:28.121738879577%

Flavonoids

Apigenin: 4.76mg, Apigenin: 4.76mg, Apigenin: 4.76mg, Apigenin: 4.76mg Luteolin: 13.17mg, Luteolin: 13.17mg, Luteolin: 13.17mg, Luteolin: 13.17mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 4.32mg, Myricetin: 4.32mg, Myricetin: 4.32mg, Myricetin: 4.32mg Quercetin: 50.27mg, Quercetin: 50.27mg, Quercetin: 50.27mg, Quercetin: 50.27mg

Nutrients (% of daily need)

Calories: 2524.09kcal (126.2%), Fat: 2.68g (4.12%), Saturated Fat: 0.08g (0.53%), Carbohydrates: 636.71g (212.24%), Net Carbohydrates: 629.43g (228.88%), Sugar: 616.4g (684.89%), Cholesterol: 0mg (0%), Sodium: 618.83mg (26.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.76g (15.52%), Vitamin C: 829.65mg (1005.64%), Vitamin A: 4012.24IU (80.24%), Manganese: 1.22mg (61.14%), Vitamin B6: 1.13mg (56.59%), Vitamin K: 48.9µg (46.57%), Potassium: 1234.03mg (35.26%), Copper: 0.69mg (34.73%), Fiber: 7.28g (29.12%), Iron: 4.72mg

(26.22%), Vitamin B2: 0.44mg (25.69%), Magnesium: 91.36mg (22.84%), Vitamin B1: 0.34mg (22.41%), Folate: 78.69µg (19.67%), Phosphorus: 189.64mg (18.96%), Vitamin B3: 3.34mg (16.68%), Vitamin E: 2.36mg (15.73%), Selenium: 8.71µg (12.44%), Calcium: 110.04mg (11%), Zinc: 1.28mg (8.54%), Vitamin B5: 0.3mg (2.97%)