



Tomato Jam

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



120 min.

SERVINGS



3

CALORIES



608 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 teaspoon cinnamon
- 0.3 teaspoon cumin
- 1 tablespoon ginger freshly grated
- 2 cups granulated sugar
- 0.3 cup juice of lemon freshly squeezed
- 2 tablespoons liquid pectin
- 2 teaspoons pepper red
- 1 teaspoon salt

- 3 pounds tomatoes cored chopped

Equipment

- frying pan
- sauce pan
- ladle
- pot

Directions

- If you are going to preserve the jam, prepare the jars and lids: place three half-pint jars on a rack in a large pot.
- Add enough water to cover the jars, and bring to boil over high heat. Boil for 10 minutes, then turn off heat and allow the jars to rest in the hot water. Meanwhile, put bands and lids in a small saucepan and cover with water.
- Heat over medium heat until the water is simmering, then remove the pan from heat and allow the bands and lids to rest in hot water until ready to use.
- Combine tomatoes, sugar, lemon juice, ginger, red pepper flakes, salt, cinnamon, and cumin in a large, heavy-bottomed pot and bring to a boil over medium-high heat, stirring frequently. Reduce heat and simmer until the mixture reaches a thick, jam like consistency, about two and a half hours. Stir in the pectin (if using) and simmer for one minute more.
- Ladle the hot jam into hot sterilized jars, leaving 1/4-inch headspace. Wipe rims of the jars, cover with lids, and screw bands on until just barely tight.
- Place jars on rack in pot and cover completely with water. Cover pot and bring to a boil over high heat. Boil for 15 minutes. Turn off heat, uncover pot, and allow jars to rest in water for five minutes.
- Remove jars from pot and allow them to rest undisturbed on countertop for six hours or overnight.

Nutrition Facts



PROTEIN 2.68% **FAT 2.27%** **CARBS 95.05%**

Properties

Glycemic Index:44.36, Glycemic Load:97.78, Inflammation Score:-10, Nutrition Score:19.711304535037%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 3.37mg, Naringenin: 3.37mg, Naringenin: 3.37mg, Naringenin: 3.37mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 607.61kcal (30.38%), Fat: 1.63g (2.51%), Saturated Fat: 0.18g (1.1%), Carbohydrates: 153.47g (51.16%), Net Carbohydrates: 147.06g (53.48%), Sugar: 145.66g (161.84%), Cholesterol: 0mg (0%), Sodium: 821.86mg (35.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.66%), Vitamin C: 70.16mg (85.05%), Vitamin A: 4178.08IU (83.56%), Vitamin K: 37.36µg (35.58%), Potassium: 1138.88mg (32.54%), Manganese: 0.62mg (30.93%), Fiber: 6.42g (25.67%), Vitamin B6: 0.41mg (20.26%), Vitamin E: 3.01mg (20.05%), Folate: 72.77µg (18.19%), Copper: 0.3mg (15.1%), Vitamin B3: 2.9mg (14.49%), Magnesium: 54.94mg (13.73%), Vitamin B1: 0.18mg (11.85%), Phosphorus: 116.33mg (11.63%), Iron: 1.7mg (9.43%), Vitamin B2: 0.13mg (7.56%), Zinc: 0.88mg (5.84%), Calcium: 58.06mg (5.81%), Vitamin B5: 0.45mg (4.48%), Selenium: 1.13µg (1.61%)