



Tomato Orange Marmalade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



35

CALORIES



74 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 3 pounds beefsteak tomatoes ripe peeled chopped
- ☐ 2 pepperoncini pepper juice seeded sliced quartered
- ☐ 1 optional: lemon seeded sliced quartered
- ☐ 0.1 teaspoon salt
- ☐ 3 cups sugar

Equipment

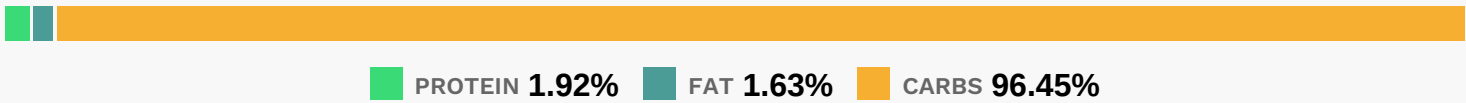
- ☐ ladle
- ☐ knife

- ☐ pot
- ☐ kitchen towels

Directions

- ☐ If desired, sterilize jars, lids, and screw bands.
- ☐ Chill 2 small plates (for testing marmalade).
- ☐ Cook all ingredients, including reserved juices from tomatoes, in pot over moderate heat, stirring frequently, until sugar is dissolved, about 6 minutes. Simmer, stirring frequently as marmalade thickens (to prevent scorching) and adjusting heat as needed, until marmalade tests done, 50 minutes to 1 1/4 hours. Begin testing for doneness after 50 minutes: Drop a spoonful of marmalade on a chilled plate, then tilt; it should remain in a mound and not run (if necessary, remove pot of marmalade from heat while testing).
- ☐ If not processing, cool marmalade, uncovered, then chill in an airtight container (preferably glass).
- ☐ If processing, drain jars upside down on a clean kitchen towel 1 minute, then invert. Ladle marmalade into jars, leaving 1/4 inch of space at top. Run a thin knife between marmalade and jar to eliminate air bubbles.
- ☐ Seal, process, and store filled jars (and boil marmalade in jars 10 minutes).
- ☐ Let marmalade stand in jars at least 1 day for flavors to develop.
- ☐ • Marmalade keeps, chilled, 3 weeks.

Nutrition Facts



Properties

Glycemic Index:4.98, Glycemic Load:12.42, Inflammation Score:-3, Nutrition Score:1.6639130102552%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 73.92kcal (3.7%), Fat: 0.14g (0.22%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 18.88g (6.29%), Net Carbohydrates: 18.33g (6.66%), Sugar: 18.21g (20.24%), Cholesterol: 0mg (0%), Sodium: 10.48mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.75%), Vitamin C: 6.96mg (8.44%), Vitamin A: 324.54IU (6.49%), Vitamin K: 3.07µg (2.93%), Potassium: 96.8mg (2.77%), Manganese: 0.05mg (2.3%), Fiber: 0.55g (2.21%), Vitamin B6: 0.03mg (1.68%), Folate: 6.17µg (1.54%), Vitamin E: 0.21mg (1.43%), Copper: 0.03mg (1.26%), Vitamin B3: 0.23mg (1.17%), Magnesium: 4.53mg (1.13%), Vitamin B1: 0.02mg (1.04%)