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Cranberry Jam ♦

Cranberry jam is a sweet and tangy spread made from cranberries. It is commonly used as a topping for toast, pancakes, and desserts. The jam has a rich history and is often consumed during the holiday season. It can be enjoyed by both vegans and vegetarians.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 30 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 20

Serving Size: 25 g

Ingredients

500 g	Cranberries
300 g	sugar
250 ml	Water
2 tbsp	Lemon juice

Directions

Step 1

Boiling

In a saucepan, combine cranberries, sugar, and water.

Prep Time: 5 mins

Cook Time: 20 mins

Step 2

Boiling

Bring the mixture to a boil over medium heat, stirring occasionally.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Simmering

Reduce heat and simmer for 10 minutes until the cranberries burst and the mixture thickens.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Remove from heat and stir in lemon juice.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Cooling

Allow the jam to cool completely before transferring it to jars.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 40 kcal

Fat: 0 g

Protein: 0 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	1 g	2.63%	4%
Sugars	9 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	0 iu	0%	0%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	0 mg	0%	0%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Christmas

Easter

Thanksgiving

New Year

Back to School

Picnic

Cuisines

Italian

Middle Eastern

Nutritional Content

Low Calorie

Low Fat

High Fiber

Low Sodium

High Vitamin C

High Calcium

Course

Appetizers

Desserts

Breads

Sauces & Dressings

Cultural

Christmas

Cost

\$10 to \$20

Meal Type

Brunch

Supper

Difficulty Level

Medium

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