



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Strawberry Preserves ✦

Strawberry preserves are a sweet and tangy spread made from fresh strawberries. They are typically used as a topping for toast, pastries, and desserts. This recipe will guide you through the process of making homemade strawberry preserves.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 60 mins

**Total Time:** 80 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 20

**Serving Size:** 25 g

### Ingredients

<b>1000 g</b>	Strawberries
<b>800 g</b>	sugar
<b>4 tsp</b>	Lemon juice
<b>20 g</b>	pectin

# Directions

---

## Step 1

Wash and hull the strawberries.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

---

## Step 2

Simmering

In a large pot, combine the strawberries, sugar, and lemon juice. Let the mixture sit for 1 hour to macerate.

**Prep Time:** 5 mins

**Cook Time:** 60 mins

---

## Step 3

Boiling

Bring the mixture to a boil over medium heat, stirring frequently. Skim off any foam that forms on the surface.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 4

## Boiling

Add the pectin to the pot and continue to boil for an additional 5 minutes, stirring constantly.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

---

## Step 5

Remove the pot from the heat and let the preserves cool for 5 minutes.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

---

## Step 6

Pour the preserves into sterilized jars and seal tightly. Allow the jars to cool completely before storing in the refrigerator.

**Prep Time:** 0 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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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)
Vitamin A	0 iu	0%	0%
Vitamin C	40 mg	44.44%	53.33%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic  
Game Day

### Meal Type

Brunch Lunch Dinner Snack Supper

### Difficulty Level

Easy

Visit our website: [healthdor.com](https://healthdor.com)