

# Blueberry-Cherry Jam

Jo Jennings

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

## Yield: 10 med jars

1 quart fresh blueberries  
1 quart fresh sour cherries  
1 tablespoon lemon juice  
1 package (1-1/4 ounce) powdered fruit pectin  
7 cups sugar  
1/4 teaspoon almond extract  
10 medium jelly jars  
melted paraffin wax

Wash and stem the blueberries and cherries. Crush gently. Pour into a heavy kettle or large heavy saucepan.

Add the lemon juice and pectin. Place over medium-high heat and bring to a boil, stirring constantly. Add the sugar all at once. Bring to a full, roiling boil, stirring constantly. Boil for 1 minute. Remove from the heat.

Add the almond extract. Skim off the top foam.

Pout into hot, sterilized jelly glasses. Cover with hot, melted paraffin wax.

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Per Serving (excluding unknown items): 6058 Calories; 4g Fat (0.6% calories from fat); 10g Protein; 1557g Carbohydrate; 26g Dietary Fiber; 0mg Cholesterol; 68mg Sodium. Exchanges: 10 1/2 Fruit; 94 Other Carbohydrates.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	6058
% Calories from Fat:	0.6%
% Calories from Carbohydrates:	98.8%
% Calories from Protein:	0.6%
Total Fat (g):	4g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	0mg
Carbohydrate (g):	1557g

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.4mg
Riboflavin B2 (mg):	.7mg
Folacin (mcg):	86mcg
Niacin (mg):	5mg
Caffeine (mg):	0mg
Alcohol (kcal):	2
% Refuse:	0.0%

## Food Exchanges

Dietary Fiber (g): 26g  
 Protein (g): 10g  
 Sodium (mg): 68mg  
 Potassium (mg): 1636mg  
 Calcium (mg): 149mg  
 Iron (mg): 4mg  
 Zinc (mg): 2mg  
 Vitamin C (mg): 144mg  
 Vitamin A (i.u.): 8538IU  
 Vitamin A (r.e.): 852RE

Grain (Starch): 0  
 Lean Meat: 0  
 Vegetable: 0  
 Fruit: 10 1/2  
 Non-Fat Milk: 0  
 Fat: 0  
 Other Carbohydrates: 94

## Nutrition Facts

### Amount Per Serving

Calories 6058      Calories from Fat: 35

### % Daily Values\*

<b>Total Fat</b>	4g	6%
Saturated Fat	1g	3%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	68mg	3%
<b>Total Carbohydrates</b>	1557g	519%
Dietary Fiber	26g	102%
<b>Protein</b>	10g	
<b>Vitamin A</b>		171%
<b>Vitamin C</b>		241%
<b>Calcium</b>		15%
<b>Iron</b>		21%

\* Percent Daily Values are based on a 2000 calorie diet.