PECTIN CALCULATOR

Your Strawberry Jam Recipe

FOR EVERY 2 (8 OZ) HALF PINTS, YOU WILL NEED:	LOW SUGAR	NO SUGAR
Strawberries - Wash, hull, then crush one layer at a time	1 1/3 cups	2 cups
Unsweetened fruit juice or thawed concentrate or water	1/3 cup	1/3 cup
Ball® RealFruit™ Low or No-Sugar Needed Pectin	1 1/2 Tbsp	1 1/2 Tbsp
Granulated sugar, sugar substitute, or honey	up to 1/2 cup	none

Make Your Jam

1. PREPARE waterbath canner, jars and lids according to manufacturer's instructions, if preserving.* Prepare and measure ingredients for recipe.

2. COMBINE prepared fruit with fruit juice in a large saucepan. Gradually stir in Ball® RealFruit™ Pectin. Add butter, if using. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring constantly.

3. ADD sugar, sugar substitute or honey, if using. Return mixture to a full rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam if necessary.

4. PACK based on Enjoy Now or Fresh Preserve steps below.

*If you are preserving at an altitude higher than 1,000 feet above sea level, adjust processing time as indicated by the altitude chart (https://www.freshpreserving.com/adjust-high-altitude-canning).

QUICK TIP: Adding up to 1/4 tsp butter or margarine will reduce foaming.

Preserve Your Jam - 2 Easy Methods

Enjoy Now

1. LADLE hot jelly/jam into hot jars. Cool to room temperature, about 30 minutes.

2. REFRIGERATE jelly/jam or serve immediately.

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Fresh Preserve

1. LADLE hot jelly/jam into hot jars, one at a time, leaving 1/4-inch headspace. Wipe rims. Center lids on jars. Apply bands and adjust to fingertip tight.

2. PLACE filled jars in canner, ensuring jars are covered by 1 to 2 inches of water. Place lid on canner. Bring water to gentle, steady boil.

3. PROCESS jars for 10 minutes, adjusting for altitute. Turn off heat, remove lid and let jars stand for 5

minutes.

4. REMOVE jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed. Clean and store jars according to manufacturer's instructions.

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To adjust the amount of jam you wish to make, use the following table.

Ingredient Amounts for Jam in (8 oz) Half Pint Jars

NUMBER OF JARS		LOW SUGAR	NO SUGAR
1	Prepared fruit Unsweetened fruit juice or thawed concentrate or water Ball® RealFruit™ Low or No-Sugar Needed Pectin Granulated sugar, sugar substitute, or honey	2/3 cup 2 Tbsp + 2 tsp 2 1/4 tsp up to 1/4 cup	1 cup 2 Tbsp + 2 tsp 2 1/4 tsp none
2	Prepared fruit Unsweetened fruit juice or thawed concentrate or water Ball® RealFruit™ Low or No-Sugar Needed Pectin Granulated sugar, sugar substitute, or honey	1 1/3 cups 1/3 cup 1 1/2 Tbsp up to 1/2 cup	2 cups 1/3 cup 1 1/2 Tbsp none
3	Prepared fruit Unsweetened fruit juice or thawed concentrate or water Ball® RealFruit™ Low or No-Sugar Needed Pectin Granulated sugar, sugar substitute, or honey	2 cups 1/2 cup 2 Tbsp + 3/4 tsp up to 3/4 cup	3 cups 1/2 cup 2 Tbsp + 3/4 tsp none
4	Prepared fruit Unsweetened fruit juice or thawed concentrate or water Ball® RealFruit™ Low or No-Sugar Needed Pectin Granulated sugar, sugar substitute, or honey	2 2/3 cups 2/3 cup 3 Tbsp up to 1 cup	4 cups 2/3 cup 3 Tbsp none
5	Prepared fruit Unsweetened fruit juice or thawed concentrate or water Ball® RealFruit™ Low or No-Sugar Needed Pectin Granulated sugar, sugar substitute, or honey	3 1/3 cups 3/4 cup + 1 Tbsp 3 Tbsp + 2 1/4 tsp up to 1 1/4 cups	5 cups 3/4 cup + 1 Tbsp 3 Tbsp + 2 1/4 tsp none
6	Prepared fruit Unsweetened fruit juice or thawed concentrate or water Ball® RealFruit™ Low or No-Sugar Needed Pectin Granulated sugar, sugar substitute, or honey	4 cups 1 cup 4 1/2 Tbsp up to 1 1/2 cups	6 cups 1 cup 4 1/2 Tbsp none
7	Prepared fruit Unsweetened fruit juice or thawed concentrate or water Ball® RealFruit™ Low or No-Sugar Needed Pectin Granulated sugar, sugar substitute, or honey	4 2/3 cups 1 cup + 2 Tbsp 5 Tbsp + 3/4 tsp up to 1 3/4 cups	7 cups 1 cup + 2 Tbsp 5 Tbsp + 3/4 tsp none
8	Prepared fruit Unsweetened fruit juice or thawed concentrate or water Ball® RealFruit™ Low or No-Sugar Needed Pectin Granulated sugar, sugar substitute, or honey	5 1/3 cups 1 1/3 cups 6 Tbsp up to 2 cups	8 cups 1 1/3 cups 6 Tbsp none
9	Prepared fruit Unsweetened fruit juice or thawed concentrate or water Ball® RealFruit™ Low or No-Sugar Needed Pectin Granulated sugar, sugar substitute, or honey	6 cups 1 1/2 cups 6 Tbsp + 2 1/4 tsp up to 2 1/4 cups	9 cups 1 1/2 cups 6 Tbsp + 2 1/4 tsp none

NUMBER OF JARS		LOW SUGAR	NO SUGAR
10	Prepared fruit	6 2/3 cups	10 cups
	Unsweetened fruit juice or thawed concentrate or water	1 2/3 cups	1 2/3 cups
	Ball® RealFruit™ Low or No-Sugar Needed Pectin	7 1/2 Tbsp	7 1/2 Tbsp
	Granulated sugar, sugar substitute, or honey	up to 2 1/2 cups	none

NOTE: Do not exceed 10 jars per batch. Set may not occur in larger batch sizes.