

# Cranberry Jelly

*Audrie's Cranbury Corner - Rapid City, SD*  
*The Great Country Inns of America Cookbook (2nd ed) (1992)*

## Yield: 8 to 10 cups

*8 cups (two pounds) cranberries*  
*4 cups boiling water*  
*4 cups sugar*

Copyright: James Stroman

In a pan, boil the cranberries and water for 20 minutes.

Rub through a sieve.

Add the sugar and boil for 5 minutes.

Pour into hot sterile jelly glasses and cover with paraffin.

---

Per Serving (excluding unknown items): 3468 Calories; 2g Fat (0.4% calories from fat); 3g Protein; 896g Carbohydrate; 32g Dietary Fiber; 0mg Cholesterol; 44mg Sodium. Exchanges: 6 Fruit; 53 1/2 Other Carbohydrates.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	3468
% Calories from Fat:	0.4%
% Calories from Carbohydrates:	99.3%
% Calories from Protein:	0.3%
Total Fat (g):	2g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	896g
Dietary Fiber (g):	32g
Protein (g):	3g
Sodium (mg):	44mg
Potassium (mg):	556mg

Vitamin B6 (mg):	.5mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	13mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	6

**Calcium (mg):** 80mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 103mg  
**Vitamin A (i.u.):** 350IU  
**Vitamin A (r.e.):** 38RE

**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 53 1/2

## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	3468	Calories from Fat: 13
-----------------	------	-----------------------

### % Daily Values\*

<b>Total Fat</b>	2g	2%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	44mg	2%
<b>Total Carbohydrates</b>	896g	299%
Dietary Fiber	32g	128%
<b>Protein</b>	3g	

<b>Vitamin A</b>	7%
<b>Vitamin C</b>	171%
<b>Calcium</b>	8%
<b>Iron</b>	12%

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