

Rhubarb Jam

Custer Mansion - Custer, SD
The Great Country Inns of America Cookbook (2nd ed) (1992)

*5 cups rhubarb, washed and cut in
one-inch pieces*
4 cups sugar
*1 package (3 ounce) strawberry
gelatin dessert*

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In a large kettle, mix the rhubarb and sugar.
Cook for 10 minutes, stirring to keep from
burning.

Remove from the heat. Add the gelatin and stir
to dissolve.

Put in small hot jars and seal. (Or keep in the
refrigerator.)

Per Serving (excluding unknown
items): 3224 Calories; 1g Fat (0.3%
calories from fat); 5g Protein; 827g
Carbohydrate; 11g Dietary Fiber;
0mg Cholesterol; 32mg Sodium.
Exchanges: 2 Fruit; 53 1/2 Other
Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	3224
% Calories from Fat:	0.3%
% Calories from Carbohydrates:	99.0%
% Calories from Protein:	0.6%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	827g
Dietary Fiber (g):	11g
Protein (g):	5g
Sodium (mg):	32mg
Potassium (mg):	1765mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	43mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	2

Calcium (mg): 530mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 49mg
Vitamin A (i.u.): 607IU
Vitamin A (r.e.): 60 1/2RE

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

Nutrition Facts

Amount Per Serving

Calories 3224 **Calories from Fat:** 10

% Daily Values*

Total Fat	1g	2%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	32mg	1%
Total Carbohydrates	827g	276%
Dietary Fiber	11g	43%
Protein	5g	
Vitamin A		12%
Vitamin C		81%
Calcium		53%
Iron		10%

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