

# Diabetic Strawberry Jam

Yield: 48 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/egg-free-and-diabetic-dessert-recipe-for-thanksgiving>

## Ingredients:

- 4 cups strawberries halved
- 1/2 cup grape juice concentrated white grape juice simmered down from 1 1/2 cups
- 2 1/2 tablespoons lemon juice
- 1/4 teaspoon lemon zest grated
- 1 1/2 tablespoons unflavored gelatin

## Nutrition:

1. Calories: 5 calories
2. Carbohydrate: 2 grams
3. Sugar: 1 grams

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