

Mulberry Jam

Yield: 2 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/mulberry-jam-recipe-south-africa>

Ingredients:

- 2 1/2 cups mulberries rinsed, the tiny green stems do not need to be removed
- 1 1/2 cups granulated sugar
- 3 tablespoons water

Nutrition:

1. Calories: 660 calories
2. Carbohydrate: 169 grams
3. Fiber: 4 grams
4. Protein: 2 grams
5. Sodium: 5 milligrams
6. Sugar: 162 grams

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