

Tomato Jam

Yield: 3 min
Total Time: 85 min

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

Ingredients:

- 3 pounds tomatoes best quality, cored and chopped
- 2 cups granulated sugar
- 1/4 cup freshly squeezed lemon juice
- 1 tablespoon freshly grated ginger
- 2 teaspoons red pepper flakes
- 1 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/4 teaspoon cumin
- 2 tablespoons pectin liquid, optional

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 156 grams
3. Fiber: 5 grams
4. Protein: 5 grams
5. Sodium: 810 milligrams
6. Sugar: 149 grams

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