

**Pomona Pectin Recipes Fruit**

**Groups & Sub-Groups**

<b>% Sugar</b>	<b>Fruit</b>	<b>Jam</b>	<b>Jelly</b>	<b>Con Jam</b>	<b>Con</b>	<b>Jelly</b>	<b>Freezer Jam</b>
<b>13%</b>	Apple	B	A	A		A	
	Apple Cider					C	
	Apple, Crab		A				
	Apple, Tart		A				
<b>9%</b>	Apricot	C		B		B	B
	Blackberry, Sour	A	B				
<b>8%</b>	Blackberry, Sweet	B	B	A		A	A
<b>7%</b>	Blueberry	B		A		A	A
<b>8%</b>	Cherry, Sour	A	B				A
<b>15%</b>	Cherry, Sweet	C		B		B	A
	Currant		B				
<b>7%</b>	Elderberry	B	B				
	Gooseberry	A					
	Grape, Concord		C	A		A	
<b>18%</b>	Grape, Sweet	E	C	A		A	
<b>6%</b>	Guava	C		B		B	
	Hot Pepper		D				
<b>11%</b>	Kiwi	A		A		A	A
<b>15%</b>	Mango	C		B		B	
	Mulberry	B					
<b>9%</b>	Nectarine	C		B		B	B
<b>9%</b>	Orange Marmalade	D					
<b>9%</b>	Peach	C	C	B		B	B
<b>11%</b>	Pear	C		B		B	A
<b>12%</b>	Pineapple	A					
	Plum, Sour	A	C				
<b>8%</b>	Plum, Sweet	C	C	B		B	A
<b>10%</b>	Pomegranate		B				
	Quince, Ripe	B	A				
<b>10%</b>	Raspberry	A	B	A		A	A
<b>6%</b>	Strawberry	A	B	A		A	A

<https://thepaleodiet.com/fruits-and-sugars/>

# SUGAR EQUIVALENTS

j2

## Orange Marmalade Jam (50% sugar)

50% sugar = 4 cups fruit to 2 cup sugar

SR	X	Sweetener	Full	1/2	1/4	1.5x	2x	of recipe
0.16	16	S&L-B	3	1	1	4	5	ounces (L)
0.19	16	S&L-L	3	2	1	5	6	ounces (L)
0.66	16	Honey	11	5	3	16	21	ounces (L)
0.80	16	Agave	13	6	3	19	26	ounces (L)
1.00	<b>16</b>	<b>Sugar</b>	<b>16</b>	<b>8</b>	<b>4</b>	<b>24</b>	<b>32</b>	<b>ounces (L)</b>
		<b>Sugar</b>	<b>2</b>	<b>1</b>	<b>0.5</b>	<b>3</b>	<b>4</b>	<b>cups</b>

## Hot Pepper Jelly (63% Sugar)

63% sugar = 4 cups fruit to 2.5 cup sugar

SR	X	Sweetener	Full	1/2	1/4	1.5x	2x	of recipe
0.16	20	S&L-B	3	2	1	5	6	ounces (L)
0.19	20	S&L-L	4	2	1	6	8	ounces (L)
0.66	20	Honey	13	7	3	20	26	ounces (L)
0.80	20	Agave	16	8	4	24	32	ounces (L)
1.00	<b>20</b>	<b>Sugar</b>	<b>20</b>	<b>10</b>	<b>5</b>	<b>30</b>	<b>40</b>	<b>ounces (L)</b>
		<b>Sugar</b>	<b>2.5</b>	<b>1.25</b>	<b>0.63</b>	<b>3.75</b>	<b>5</b>	<b>cups</b>

## All Other Jams, Jelly & Freezer Jam (19% Sugar)

19% sugar = 4 cups fruit to 3/4 cup sugar

SR	X	Sweetener	Full	1/2	1/4	1.5x	2x	of recipe
0.16	6	S&L-B	1	0	0	1	2	ounces (L)
0.19	6	S&L-L	1	1	0	2	2	ounces (L)
0.66	6	Honey	4	2	1	6	8	ounces (L)
0.80	6	Agave	5	2	1	7	10	ounces (L)
1.00	<b>6</b>	<b>Sugar</b>	<b>6</b>	<b>3</b>	<b>1.5</b>	<b>9</b>	<b>12</b>	<b>ounces (L)</b>
		<b>Sugar</b>	<b>0.75</b>	<b>0.38</b>	<b>0.19</b>	<b>1.125</b>	<b>1.5</b>	<b>cups</b>

S&L-B = Bulk Sweet&Low

S&L-L = Liquid Sweet&Low

SR = Sweetness ratio = Sweetener/Sugar (Fluid Ounces)

10 ounces of sugar = Sweetness of 8 ounces of Agave