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The invention refers to the food industry, in particular to the low-caloric jams, which may be used for nourishment of patients with diabetes.

The low-caloric jam, according to the invention, contains vegetable raw material, stevioside, lactitol, pectin, proteic additive and water in the following ingredients ratio, mass %:

vegetable raw material 60,0...65,0 stevioside 0,07...0,08 lactitol 10,0...12,0 pectin 1,2...1,4 proteic additive 2,0...3,8 water the rest.

Claims: 6