

Amazing Apple Butter

 Vegetarian  Gluten Free

READY IN



640 min.

SERVINGS



6

CALORIES



601 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 tablespoon apple cider vinegar
- 4 cups apple juice unsweetened
- 10 pounds apples quartered
- 0.5 teaspoon ground allspice
- 1.5 teaspoons ground cinnamon
- 0.5 teaspoon ground cloves
- 6 half-pint canning jars with lids and rings
- 1 cup sugar white

Equipment

- paper towels
- knife
- pot
- spatula
- slow cooker

Directions

- Combine apples and apple juice in a stockpot; bring to a boil. Reduce heat and cook at a simmer until apples are soft and mushy, 20 to 30 minutes.
- Spoon apples into a food mill and process into puree while discarding the cores and peels remaining in the mill.
- Transfer process apples to a slow cooker.
- Cook on High with the lid off until the moisture evaporates and the volume reduces by about half, overnight to 24 hours.
- Stir sugar, apple cider vinegar, cinnamon, cloves, and allspice through the apple puree.
- Continue cooking on High until mixture mounds on a chilled plate without any water separating from the edges, another 2 to 6 hours.
- Sterilize the jars and lids in boiling water for at least 5 minutes. Pack the apple butter into the hot, sterilized jars, filling the jars to within 1/4 inch of the top. Run a knife or a thin spatula around the insides of the jars after they have been filled to remove any air bubbles. Wipe the rims of the jars with a moist paper towel to remove any food residue. Top with lids, and screw on rings.
- Place a rack in the bottom of a large stockpot and fill halfway with water. Bring to a boil and lower jars into the boiling water using a holder. Leave a 2-inch space between the jars.
- Pour in more boiling water if necessary to bring the water level to at least 1 inch above the tops of the jars. Bring the water to a rolling boil, cover the pot, and process 5 to 10 minutes.
- Remove the jars from the stockpot and place onto a cloth-covered or wood surface, several inches apart, until cool. Once cool, press the top of each lid with a finger, ensuring that the seal is tight (lid does not move up or down at all). Store in a cool, dark area.

Nutrition Facts

PROTEIN 1.35% FAT 2.43% CARBS 96.22%

Properties

Glycemic Index:33.81, Glycemic Load:58.36, Inflammation Score:-7, Nutrition Score:13.796086981164%

Flavonoids

Cyanidin: 11.9mg, Cyanidin: 11.9mg, Cyanidin: 11.9mg, Cyanidin: 11.9mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 11.89mg, Catechin: 11.89mg, Catechin: 11.89mg, Catechin: 11.89mg Epigallocatechin: 1.97mg, Epigallocatechin: 1.97mg, Epigallocatechin: 1.97mg, Epigallocatechin: 1.97mg Epicatechin: 64.71mg, Epicatechin: 64.71mg, Epicatechin: 64.71mg, Epicatechin: 64.71mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 1.44mg, Epigallocatechin 3-gallate: 1.44mg, Epigallocatechin 3-gallate: 1.44mg, Epigallocatechin 3-gallate: 1.44mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 31.27mg, Quercetin: 31.27mg, Quercetin: 31.27mg, Quercetin: 31.27mg

Nutrients (% of daily need)

Calories: 601.47kcal (30.07%), Fat: 1.76g (2.71%), Saturated Fat: 0.33g (2.07%), Carbohydrates: 156.91g (52.3%), Net Carbohydrates: 138.08g (50.21%), Sugar: 127.86g (142.07%), Cholesterol: 0.35mg (0.12%), Sodium: 15.88mg (0.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.4%), Fiber: 18.83g (75.33%), Vitamin C: 36.36mg (44.07%), Manganese: 0.59mg (29.35%), Potassium: 985.3mg (28.15%), Vitamin B6: 0.34mg (17.1%), Vitamin K: 17.04µg (16.23%), Vitamin B2: 0.23mg (13.74%), Magnesium: 47.25mg (11.81%), Copper: 0.23mg (11.49%), Vitamin B1: 0.16mg (10.94%), Phosphorus: 96.56mg (9.66%), Vitamin E: 1.41mg (9.37%), Vitamin A: 416.07IU (8.32%), Calcium: 67.33mg (6.73%), Iron: 1.2mg (6.67%), Folate: 22.84µg (5.71%), Vitamin B5: 0.55mg (5.48%), Vitamin B3: 0.82mg (4.12%), Zinc: 0.36mg (2.39%)