



Apple Butter

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

275 min.

SERVINGS

servings

6

CALORIES

calories

451 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 cup apple cider
- ☐ 1 cup apple cider vinegar
- ☐ 5 pounds apples
- ☐ 1.5 cups brown sugar packed
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 tablespoons maple syrup

☐ 1 pinch salt

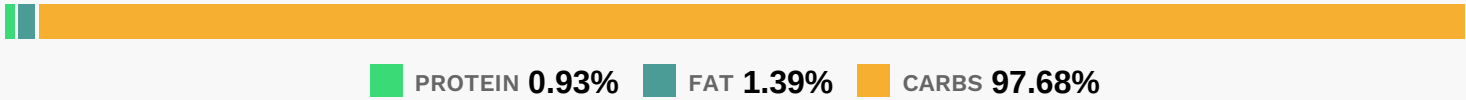
Equipment

- ☐ sieve
- ☐ potato masher
- ☐ slow cooker

Directions

- ☐ Special equipment: slow cooker
- ☐ Thoroughly wash apples. If they seem waxy, scrub with a produce brush. Organic apples are recommended since you will be cooking them with the skins on. Quarter the apples and add them to your slow cooker.
- ☐ Add apple cider vinegar and cider or juice. Cook, covered, until the apples are soft.
- ☐ Mash the apples with a potato masher until thoroughly pulped. Run the pulp through a food mill to catch the skins and seeds, passing a puree. If you do not have a food mill, press the pulp through a sieve.
- ☐ Add dark brown sugar, maple syrup, ground cinnamon, nutmeg, allspice and salt. Cook, stirring occasionally to prevent scorching, until the apple butter darkens and it mounds on a spoon. Adjust sweetness and seasonings to taste. Store in the refrigerator for a month or water bath can for 15 minutes and store in a cool, dark place for up to a year.

Nutrition Facts



Properties

Glycemic Index:39.88, Glycemic Load:17.38, Inflammation Score:-5, Nutrition Score:8.0673912297124%

Flavonoids

Cyanidin: 5.94mg, Cyanidin: 5.94mg, Cyanidin: 5.94mg, Cyanidin: 5.94mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 5.41mg, Catechin: 5.41mg, Catechin: 5.41mg, Catechin: 5.41mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 30.32mg, Epicatechin: 30.32mg, Epicatechin: 30.32mg, Epicatechin: 30.32mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg

Epigallocatechin 3–gallate: 0.72mg, Epigallocatechin 3–gallate: 0.72mg, Epigallocatechin 3–gallate: 0.72mg, Epigallocatechin 3–gallate: 0.72mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Quercetin: 15.39mg, Quercetin: 15.39mg, Quercetin: 15.39mg

Nutrients (% of daily need)

Calories: 451.08kcal (22.55%), Fat: 0.73g (1.13%), Saturated Fat: 0.14g (0.87%), Carbohydrates: 115.66g (38.55%), Net Carbohydrates: 106.39g (38.69%), Sugar: 100.63g (111.81%), Cholesterol: 0mg (0%), Sodium: 29.9mg (1.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.21%), Fiber: 9.27g (37.1%), Manganese: 0.48mg (24.16%), Vitamin C: 17.78mg (21.56%), Potassium: 563.29mg (16.09%), Vitamin B2: 0.19mg (11.16%), Vitamin B6: 0.19mg (9.26%), Calcium: 83.91mg (8.39%), Vitamin K: 8.37µg (7.97%), Magnesium: 29.57mg (7.39%), Copper: 0.14mg (6.89%), Iron: 1mg (5.56%), Vitamin B1: 0.08mg (5.16%), Phosphorus: 50.1mg (5.01%), Vitamin E: 0.69mg (4.59%), Vitamin A: 205.54IU (4.11%), Vitamin B5: 0.32mg (3.23%), Folate: 11.99µg (3%), Vitamin B3: 0.44mg (2.22%), Zinc: 0.24mg (1.63%), Selenium: 0.75µg (1.07%)