



Apple Butter



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



64

CALORIES



39 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 12 medium apples i use 2 granny smith apples peeled cut into fourths
- ☐ 1.5 cups brown sugar packed
- ☐ 0.5 cup apple juice
- ☐ 1 tablespoon ground cinnamon
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon ground allspice
- ☐ 1 teaspoon nutmeg
- ☐ 0.5 teaspoon ground cloves

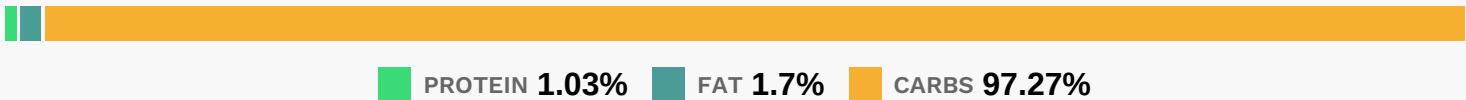
Equipment

- ☐ potato masher
- ☐ slow cooker

Directions

- ☐ Mix all ingredients in 5- to 6-quart slow cooker.
- ☐ Cover and cook on low heat setting 8 to 10 hours or until apples are very tender.
- ☐ Mash apples with potato masher or large fork.
- ☐ Cook uncovered on low heat setting 1 to 2 hours, stirring occasionally, until mixture is very thick. Cool about 2 hours.
- ☐ Spoon apple butter into container. Cover and store in refrigerator up to 3 weeks.

Nutrition Facts



Properties

Glycemic Index:2.54, Glycemic Load:1.34, Inflammation Score:-1, Nutrition Score:0.73826087266207%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.66mg, Epicatechin: 2.66mg, Epicatechin: 2.66mg, Epicatechin: 2.66mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 38.88kcal (1.94%), Fat: 0.08g (0.12%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 10.15g (3.38%), Net Carbohydrates: 9.24g (3.36%), Sugar: 8.75g (9.73%), Cholesterol: 0mg (0%), Sodium: 1.95mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.21%), Fiber: 0.91g (3.63%), Manganese: 0.05mg (2.49%), Vitamin C: 1.7mg (2.06%), Potassium: 46.7mg (1.33%)