

Apple Butter



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



80 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 cup apple cider
- ☐ 2 sticks cinnamon (3-inch)
- ☐ 1 Dash ground cloves
- ☐ 0.3 cup brown sugar dark packed
- ☐ 4 pounds granny smith apples cored peeled quartered
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 teaspoon salt
- ☐ 1 star anise

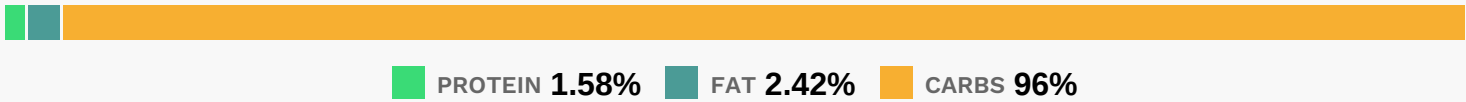
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ pot

Directions

- ☐ Combine apples and cider in a large stockpot; bring to a boil. Reduce heat, and simmer, partially covered, 30 minutes or until apples are tender.
- ☐ Place apple mixture in a food processor; pulse 6 times or until chunky. Return to pan.
- ☐ Stir in sugar and remaining ingredients. Cook over low heat 1 hour or until thick, stirring occasionally. Discard cinnamon and star anise. Cover and chill.
- ☐ Note: Store in an airtight container in refrigerator for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:5.17, Glycemic Load:4.81, Inflammation Score:-2, Nutrition Score:2.3478260746469%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 9.23mg, Epicatechin: 9.23mg, Epicatechin: 9.23mg, Epicatechin: 9.23mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 80.48kcal (4.02%), Fat: 0.24g (0.37%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 21.18g (7.06%), Net Carbohydrates: 18.16g (6.6%), Sugar: 16.58g (18.42%), Cholesterol: 0mg (0%), Sodium: 39.26mg (1.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.7%), Fiber: 3.02g (12.07%), Manganese: 0.17mg (8.42%), Vitamin C: 5.74mg (6.96%), Potassium: 145.2mg (4.15%), Vitamin B6: 0.05mg (2.62%), Vitamin K: 2.72µg (2.59%), Vitamin B2: 0.03mg (1.92%), Magnesium: 7.3mg (1.83%), Copper: 0.04mg (1.82%), Calcium: 16.1mg (1.61%), Vitamin B1: 0.02mg (1.53%), Vitamin E: 0.22mg (1.48%), Phosphorus: 14.34mg (1.43%), Iron: 0.25mg (1.37%), Vitamin A: 63.02IU (1.26%)