



Apple Butter



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



140 min.

SERVINGS



30

CALORIES



137 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 4 pounds cooking apples good (we use Granny Smith or Gravenstein)
- ☐ 1 cup apple cider vinegar
- ☐ 2 cups water
- ☐ 4 cups sugar
- ☐ 30 servings salt
- ☐ 2 teaspoons cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 0.5 teaspoon allspice

- ☐ 1 juice of lemon

Equipment

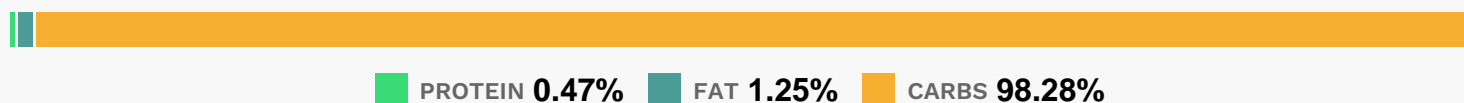
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ stove
- ☐ microwave
- ☐ mortar and pestle
- ☐ canning jar

Directions

- ☐ Preparing the Fruit
- ☐ Cut the apples into quarters, without peeling or coring them. (Much of the pectin is in the cores and flavor in the peels).
- ☐ Cut out damaged parts.
- ☐ First Stage of Cooking
- ☐ Cook the apples:
- ☐ Put the quartered apples into large pot, add the vinegar and water, cover, bring to a boil, reduce heat to simmer, cook until apples are soft, about 20 minutes.
- ☐ Remove from heat.
- ☐ Purée apples and add the sugar and spices
- ☐ Purée the apples through a food mill or chinois: Ladle apple mixture (cooked apples and liquid) into a chinois sieve (or food mill) and using a pestle force pulp from the chinois into a large bowl below.
- ☐ Add sugar, spices, lemon zest, and juice: Measure resulting puree.
- ☐ Add 1/2 cup of sugar for each cup of apple pulp. Stir to dissolve sugar.

- ☐ Add a dash of salt, and the cinnamon, ground cloves, allspice, lemon rind and juice. Taste and adjust seasonings if necessary.
- ☐ Second Stage of Cooking
- ☐ Cook the apple mixture, stirring often: Cook the apple sugar mixture uncovered in a large, wide, thick-bottomed pot on medium low heat, stirring often to prevent burning. Scrape the bottom of the pot while you stir to make sure a crust is not forming at the bottom.
- ☐ Cook until thick and smooth (about 1 to 2 hours). A small bit spooned onto a chilled (in the freezer) plate will be thick, not runny.
- ☐ You can also cook the purée on low heat, stirring only occasionally, but this will take much longer as stirring encourages evaporation. (Note the wider the pan the better, as there is more surface for evaporation.)
- ☐ As an alternative to stovetop cooking you can cook the purée uncovered in a microwave, on medium heat setting to simmer, for around 30 minutes. If you do this, monitor the cooking every 5 or 10 minutes. Microwaves vary in their power.
- ☐ Canning
- ☐ Sterilize canning jars: There are several ways to sterilize your jars for canning.
- ☐ You can run them through a short cycle on your dishwasher.
- ☐ You can place them in a large pot (12 quart) of water on top of a steaming rack (so they don't touch the bottom of the pan), and bring the water to a boil for 10 minutes.
- ☐ Or you can rinse out the jars, dry them, and place them, without lids, in a 200°F oven for 10 minutes.
- ☐ Pour the apple butter into hot, sterilized jars and seal. If you plan to store the apple butter unrefrigerated, make sure to follow proper canning procedures.
- ☐ Before applying the lids, sterilize the lids by placing them in a bowl and pouring boiling water over them. Wipe the rims of the jars clean before applying the lids.
- ☐ I use a hot water bath for 10 minutes to ensure a good seal.
- ☐ As the jars cool, you should hear the lids "popping" as they seal the jars.

Nutrition Facts



Properties

Glycemic Index:5.4, Glycemic Load:20.86, Inflammation Score:-1, Nutrition Score:1.2352173684732%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg 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: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 136.52kcal (6.83%), Fat: 0.2g (0.31%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 35.2g (11.73%), Net Carbohydrates: 33.66g (12.24%), Sugar: 32.96g (36.63%), Cholesterol: 0mg (0%), Sodium: 195.99mg (8.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.34%), Fiber: 1.54g (6.18%), Manganese: 0.09mg (4.35%), Vitamin C: 3.19mg (3.86%), Potassium: 73.39mg (2.1%), Vitamin K: 1.42µg (1.35%), Vitamin B6: 0.03mg (1.28%), Vitamin B2: 0.02mg (1.24%), Copper: 0.02mg (1.12%)