



Apple Butter

**Vegetarian****Vegan****Gluten Free****Dairy Free**

READY IN

**75 min.**

SERVINGS

**15**

CALORIES

**173 kcal**

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 cup apple cider
- ☐ 2 pounds honeycrisp apples cored peeled cut into 1-inch pieces
- ☐ 2 pounds granny smith apples cored peeled cut into small pieces
- ☐ 2 tablespoons juice of lemon
- ☐ 2 cups sugar white
- ☐ 1 jars canning jars with lids and rings
- ☐ 15 servings canning jars with lids and rings

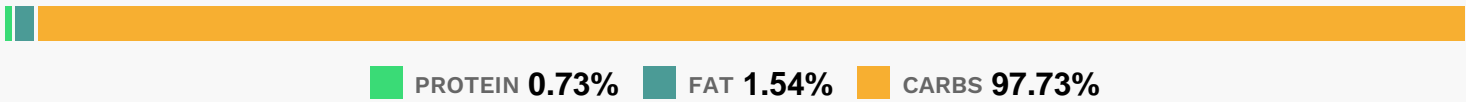
Equipment

- ☐ paper towels
- ☐ sauce pan
- ☐ knife
- ☐ pot
- ☐ spatula

Directions

- ☐ Combine Honeycrisp apples, Granny Smith apples, and apple cider in a large stainless steel or enamel-coated saucepan; bring to a boil, stirring occasionally. Reduce heat to medium-low; simmer until mixture reduces by about half, about 20 minutes.
- ☐ Stir sugar and lemon juice into the apple mixture; bring to a boil. Reduce heat to medium-low, and continue cooking at a simmer until the mixture is very thick, about 25 minutes.
- ☐ Sterilize the jars and lids in boiling water for at least 5 minutes. Pack 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 for 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



Properties

Glycemic Index:11.66, Glycemic Load:23.74, Inflammation Score:-2, Nutrition Score:2.1104347887247%

Flavonoids

Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 9.85mg, Epicatechin: 9.85mg, Epicatechin: 9.85mg, Epicatechin: 9.85mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg

Nutrients (% of daily need)

Calories: 173.24kcal (8.66%), Fat: 0.32g (0.49%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 45.17g (15.06%), Net Carbohydrates: 42.23g (15.36%), Sugar: 40.76g (45.29%), Cholesterol: 0mg (0%), Sodium: 2.13mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.67%), Fiber: 2.94g (11.76%), Vitamin C: 6.48mg (7.85%), Potassium: 147.91mg (4.23%), Manganese: 0.06mg (2.76%), Vitamin B6: 0.05mg (2.67%), Vitamin K: 2.66µg (2.53%), Vitamin B2: 0.04mg (2.32%), Copper: 0.04mg (1.84%), Magnesium: 6.95mg (1.74%), Vitamin B1: 0.02mg (1.62%), Vitamin E: 0.22mg (1.48%), Phosphorus: 14.57mg (1.46%), Vitamin A: 65.59IU (1.31%), Folate: 4.03µg (1.01%)