



Apple Butter



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



1370 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 8 pounds cooking apples cored peeled
- ☐ 2 teaspoons ground cinnamon
- ☐ 1.8 ounce powdered fruit pectin
- ☐ 8 cups sugar

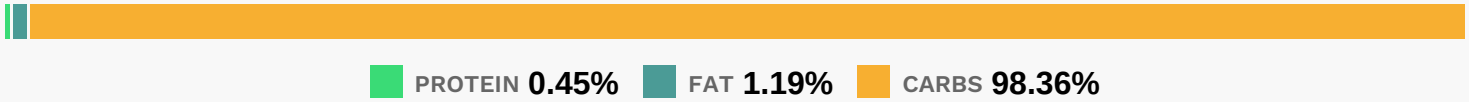
Equipment

- ☐ pot
- ☐ sieve

Directions

- ☐ Combine apples and water to cover in a large stock pot. Bring to a boil. Reduce heat; cover and cook 15 minutes or until apples are tender.
- ☐ Drain. Press apples through a sieve.
- ☐ Combine apple pulp and fruit pectin in a large stock pot. Bring to a boil; cook 1 minute. Stir in sugar and cinnamon. Reduce heat; simmer, uncovered, stirring occasionally, 1 hour or until thickened.
- ☐ Spoon apple jam immediately into hot, sterilized jars, leaving 1/4-inch head space; cover at once with metal lids, and screw bands tight. Process in a boiling- water bath 10 minutes.

Nutrition Facts



Properties

Glycemic Index:17.85, Glycemic Load:208.23, Inflammation Score:-5, Nutrition Score:10.552173832188%

Flavonoids

Cyanidin: 9.5mg, Cyanidin: 9.5mg, Cyanidin: 9.5mg, Cyanidin: 9.5mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 7.86mg, Catechin: 7.86mg, Catechin: 7.86mg, Catechin: 7.86mg Epigallocatechin: 1.57mg, Epigallocatechin: 1.57mg, Epigallocatechin: 1.57mg, Epigallocatechin: 1.57mg Epicatechin: 45.54mg, Epicatechin: 45.54mg, Epicatechin: 45.54mg, Epicatechin: 45.54mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 1.15mg, Epigallocatechin 3-gallate: 1.15mg, Epigallocatechin 3-gallate: 1.15mg, Epigallocatechin 3-gallate: 1.15mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Quercetin: 24.25mg, Quercetin: 24.25mg, Quercetin: 24.25mg, Quercetin: 24.25mg

Nutrients (% of daily need)

Calories: 1369.68kcal (68.48%), Fat: 1.91g (2.95%), Saturated Fat: 0.18g (1.1%), Carbohydrates: 357.07g (119.02%), Net Carbohydrates: 341.49g (124.18%), Sugar: 329.05g (365.61%), Cholesterol: 0mg (0%), Sodium: 25.32mg (1.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.25%), Fiber: 15.58g (62.32%), Vitamin C: 27.85mg (33.75%), Potassium: 655.91mg (18.74%), Manganese: 0.34mg (17.23%), Vitamin K: 13.51µg (12.87%), Vitamin B2: 0.21mg (12.54%), Vitamin B6: 0.25mg (12.49%), Copper: 0.22mg (10.95%), Magnesium: 30.72mg (7.68%), Vitamin E: 1.1mg (7.36%), Vitamin B1: 0.1mg (6.91%), Phosphorus: 67.12mg (6.71%), Vitamin A: 328.8IU (6.58%), Iron: 1.14mg (6.33%), Calcium: 46.21mg (4.62%), Folate: 18.27µg (4.57%), Vitamin B5: 0.38mg (3.8%), Vitamin B3: 0.56mg (2.8%), Selenium: 1.62µg (2.32%), Zinc: 0.32mg (2.13%)