



Apple Butter the Easy Way



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



16

CALORIES



48 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 pounds apples chopped
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup maple syrup

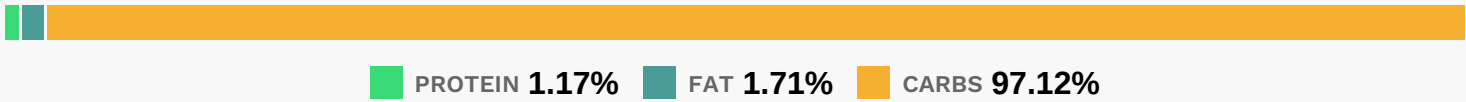
Equipment

- ☐ bowl
- ☐ blender
- ☐ microwave

Directions

- ☐ In a microwave safe bowl, combine apples, maple syrup and cinnamon. Microwave on high for 15 minutes.
- ☐ Transfer mixture to a blender and process until smooth. Return mixture to bowl and microwave 5 minutes more. Cool and transfer to a jar. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:4.59, Glycemic Load:3.72, Inflammation Score:-1, Nutrition Score:1.5769565299801%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg 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 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: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 47.75kcal (2.39%), Fat: 0.1g (0.15%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 12.39g (4.13%), Net Carbohydrates: 11g (4%), Sugar: 9.92g (11.02%), Cholesterol: 0mg (0%), Sodium: 1.18mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.3%), Manganese: 0.19mg (9.25%), Vitamin B2: 0.1mg (5.88%), Fiber: 1.39g (5.58%), Vitamin C: 2.61mg (3.16%), Potassium: 76.03mg (2.17%), Vitamin K: 1.27µg (1.21%), Vitamin B6: 0.02mg (1.17%), Calcium: 11.34mg (1.13%), Magnesium: 4.28mg (1.07%)