

Apple Pie in a Jar



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



530 kcal

DESSERT

Ingredients

- ☐ 7 quarts apples cored peeled sliced
- ☐ 1 cup cornstarch
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 3 tablespoons juice of lemon
- ☐ 1 teaspoon salt
- ☐ 10 cups water
- ☐ 4.5 cups sugar white

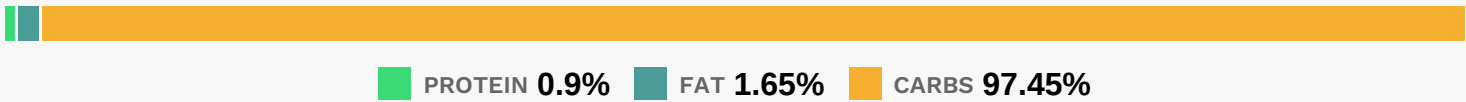
Equipment

- ☐ sauce pan
- ☐ pot
- ☐ canning jar

Directions

- ☐ Place a rack in the bottom of a large stock pot. Fill pot with hot water. Sterilize 7 1-quart canning jars, 7 lids, and 7 rings by placing on rack, jars upright. Bring water to a boil. Boil 10 minutes.
- ☐ Remove with a holder and allow jars to air-dry. Save water for processing apples.
- ☐ Combine sugar, cornstarch, cinnamon, nutmeg, salt, and water in a large saucepan.
- ☐ Place over high heat and cook until thick and bubbly, stirring frequently.
- ☐ Remove from heat and stir in lemon juice.
- ☐ Tightly pack apples into sterilized jars. Slowly pour syrup over apples, covering them completely. Gently tap jars on countertop to allow air bubbles to rise. Screw lids on jars.
- ☐ Carefully lower jars into pot using a holder. Leave a 2 inch space between jars.
- ☐ Add more boiling water if necessary, until tops of jars are covered by 2 inches of water. Bring water to a full boil, then cover and process for 30 minutes.
- ☐ Remove jars from pot and place on cloth-covered or wood surface, several inches apart, until cool. Once cool, press top of each lid with finger, ensuring that seal is tight (lid doesn't move up or down at all). Sealed jars can be stored for up to a year.

Nutrition Facts



Properties

Glycemic Index:12.65, Glycemic Load:62.15, Inflammation Score:-5, Nutrition Score:7.9686956794366%

Flavonoids

Cyanidin: 7.43mg, Cyanidin: 7.43mg, Cyanidin: 7.43mg, Cyanidin: 7.43mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 6.15mg, Catechin: 6.15mg, Catechin: 6.15mg, Catechin: 6.15mg

Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 35.63mg, Epicatechin: 35.63mg, Epicatechin: 35.63mg, Epicatechin: 35.63mg Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg Epigallocatechin 3–gallate: 0.9mg, Epigallocatechin 3–gallate: 0.9mg, Epigallocatechin 3–gallate: 0.9mg, Epigallocatechin 3–gallate: 0.9mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Quercetin: 18.99mg, Quercetin: 18.99mg, Quercetin: 18.99mg, Quercetin: 18.99mg

Nutrients (% of daily need)

Calories: 529.99kcal (26.5%), Fat: 1.04g (1.6%), Saturated Fat: 0.14g (0.91%), Carbohydrates: 138.14g (46.05%), Net Carbohydrates: 126.53g (46.01%), Sugar: 113.46g (126.07%), Cholesterol: 0mg (0%), Sodium: 180.82mg (7.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.56%), Fiber: 11.61g (46.43%), Vitamin C: 23.02mg (27.91%), Potassium: 512.56mg (14.64%), Manganese: 0.22mg (11.24%), Vitamin K: 10.5µg (10%), Vitamin B6: 0.2mg (9.8%), Copper: 0.17mg (8.29%), Vitamin B2: 0.14mg (7.99%), Magnesium: 26.06mg (6.51%), Vitamin E: 0.86mg (5.75%), Vitamin B1: 0.08mg (5.43%), Phosphorus: 53.75mg (5.38%), Vitamin A: 256.59IU (5.13%), Calcium: 37.51mg (3.75%), Iron: 0.67mg (3.73%), Folate: 14.88µg (3.72%), Vitamin B5: 0.29mg (2.94%), Vitamin B3: 0.44mg (2.19%), Zinc: 0.23mg (1.51%)