

Blueberry Apple Butter

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

715 min.

SERVINGS

servings

50

CALORIES

calories

63 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 8 large cooking apples cored peeled sliced
- ☐ 8 cups blueberries fresh
- ☐ 1 teaspoon ground allspice
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 teaspoon ground nutmeg
- ☐ 2 cups sugar white

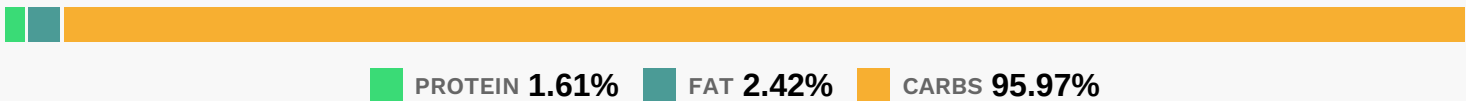
Equipment

- ☐ paper towels
- ☐ knife
- ☐ pot
- ☐ spatula
- ☐ slow cooker

Directions

- ☐ Place apples in a slow cooker. Cook on High, stirring occasionally, until apples are softened and broken down, about 3 hours.
- ☐ Add blueberries, sugar, cinnamon, nutmeg, allspice, and cloves; stir to combine. Lower temperature to Low. Simmer until apple butter is thickened, stirring often, 8 hours.
- ☐ 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 15 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:4.64, Glycemic Load:8.04, Inflammation Score:-1, Nutrition Score:1.5256521708292%

Flavonoids

Cyanidin: 2.56mg, Cyanidin: 2.56mg, Cyanidin: 2.56mg, Cyanidin: 2.56mg Petunidin: 7.47mg, Petunidin: 7.47mg, Petunidin: 7.47mg, Petunidin: 7.47mg Delphinidin: 8.39mg, Delphinidin: 8.39mg, Delphinidin: 8.39mg, Delphinidin:

8.39mg Malvidin: 16.01mg, Malvidin: 16.01mg, Malvidin: 16.01mg, Malvidin: 16.01mg Peonidin: 4.81mg, Peonidin: 4.81mg, Peonidin: 4.81mg, Peonidin: 4.81mg Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 2.83mg, Epicatechin: 2.83mg, Epicatechin: 2.83mg, Epicatechin: 2.83mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 63.39kcal (3.17%), Fat: 0.18g (0.28%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 16.44g (5.48%), Net Carbohydrates: 14.96g (5.44%), Sugar: 14.07g (15.63%), Cholesterol: 0mg (0%), Sodium: 0.75mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.55%), Fiber: 1.49g (5.95%), Manganese: 0.11mg (5.73%), Vitamin K: 5.39µg (5.14%), Vitamin C: 3.96mg (4.8%), Potassium: 57.58mg (1.65%), Vitamin B6: 0.03mg (1.36%), Vitamin E: 0.2mg (1.35%), Copper: 0.02mg (1.23%), Vitamin B2: 0.02mg (1.21%)