



Cinnamon CrockPot Apple Butter



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



310 min.

SERVINGS



8

CALORIES



76 kcal

CONDIMENT

DIP

SPREAD

Ingredients



2 tablespoons agave nectar



2 lbs apples chopped



1 tablespoon apple cider vinegar



1 teaspoon ground cinnamon

Equipment



blender

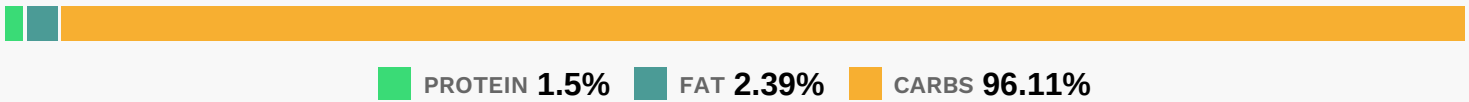


slow cooker

Directions

- ☐ Place the chopped apples in your crockpot (for a mini-crockpot, halve the recipe).
- ☐ Add the remaining ingredients and stir to coat.
- ☐ Place the crockpot setting on low, cover and allow the apples to cook for 4 to 6 hours.
- ☐ Pour the apples into your blender (you may need to do this in two batches), let them cool for 10 minutes, and then puree.Return the pureed apple to your crockpot, turn the setting up to high, and cook uncovered for about 1 hour, checking in to stir every 10 minutes.
- ☐ Let the apple butter cool, then place it in your blender for a second puree. This should make it nice and creamy.It will keep in the refrigerator for several days, you can freeze it for later use, or can it for storage or gift-giving.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:4.75, Inflammation Score:-2, Nutrition Score:2.1608695614597%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 76.25kcal (3.81%), Fat: 0.22g (0.34%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 19.88g (6.63%), Net Carbohydrates: 17.01g (6.19%), Sugar: 15.38g (17.08%), Cholesterol: 0mg (0%), Sodium: 1.46mg (0.06%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.31g (0.62%), Fiber: 2.86g (11.46%), Vitamin C: 6.12mg (7.42%), Manganese: 0.09mg (4.41%), Vitamin K: 3.75µg (3.58%), Potassium: 123.99mg (3.54%), Vitamin B6: 0.06mg (2.96%), Vitamin B2: 0.04mg (2.25%), Vitamin E: 0.26mg (1.74%), Vitamin B1: 0.03mg (1.72%), Copper: 0.03mg (1.6%), Magnesium: 5.97mg (1.49%), Phosphorus: 12.84mg (1.28%), Folate: 4.99µg (1.25%), Vitamin A: 61.97IU (1.24%)