



Dried-Fig and Apple Butter



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



62 min.

SERVINGS



7

CALORIES



95 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup apple cider
- ☐ 4 apples diced cored peeled
- ☐ 1 tablespoon crystallized ginger finely chopped
- ☐ 10 figs dried coarsely chopped

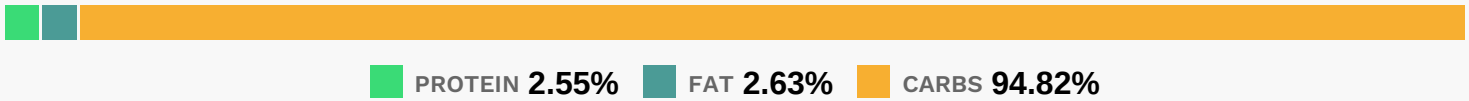
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Combine figs, apples, cider and ginger in a saucepan and bring to a boil. Reduce heat and simmer, stirring occasionally, until apples soften, 10 to 20 minutes.
- ☐ Partially cover and continue to cook, stirring occasionally, until apples are mushy and falling apart, 20 to 35 minutes longer. Puree in batches in a blender. Cool completely, transfer to an airtight container and refrigerate for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:14.82, Glycemic Load:6.47, Inflammation Score:-2, Nutrition Score:2.7482608890404%

Flavonoids

Cyanidin: 1.64mg, Cyanidin: 1.64mg, Cyanidin: 1.64mg, Cyanidin: 1.64mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 8.63mg, Epicatechin: 8.63mg, Epicatechin: 8.63mg, Epicatechin: 8.63mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

Nutrients (% of daily need)

Calories: 94.88kcal (4.74%), Fat: 0.3g (0.47%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 24.69g (8.23%), Net Carbohydrates: 21.04g (7.65%), Sugar: 18.99g (21.1%), Cholesterol: 0mg (0%), Sodium: 3.07mg (0.13%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.66g (1.33%), Fiber: 3.65g (14.6%), Vitamin C: 5.07mg (6.15%), Potassium: 206.02mg (5.89%), Manganese: 0.11mg (5.36%), Vitamin K: 4.07µg (3.88%), Magnesium: 13.81mg (3.45%), Copper: 0.06mg (3.15%), Vitamin B6: 0.06mg (2.89%), Calcium: 26.1mg (2.61%), Vitamin B2: 0.04mg (2.31%), Iron: 0.38mg (2.09%), Vitamin B1: 0.03mg (2.06%), Phosphorus: 20.28mg (2.03%), Vitamin E: 0.23mg (1.53%), Vitamin B5: 0.12mg (1.21%), Vitamin A: 57.47IU (1.15%), Folate: 4.15µg (1.04%)