

## Easy Slow Cooker Apple Butter



Gluten Free



Dairy Free

READY IN



850 min.

SERVINGS



45

CALORIES



55 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- ☐ 2.5 teaspoons apple pie spice
- ☐ 14 cups apples sliced
- ☐ 2 cups sugar white

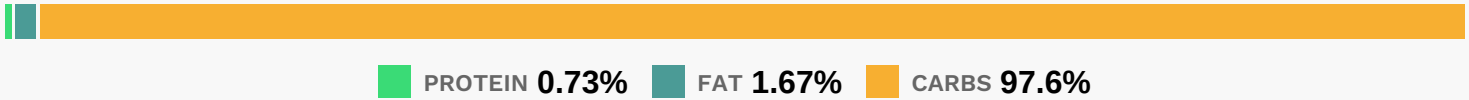
### Equipment

- ☐ bowl
- ☐ blender
- ☐ slow cooker
- ☐ immersion blender

# Directions

- ☐ Place apple slices in a slow cooker. Stir sugar and apple pie spice with the apples.
- ☐ Cook on High for 4 hours; stir.
- ☐ Remove cover and continue cooking until the apples are very tender and most of the liquid has evaporated, 2 to 2 1/2 hours.
- ☐ Scrape apple butter into a bowl; refrigerate 8 hours to overnight.
- ☐ Blend apple butter with an immersion blender until smooth. Alternately, you can run the butter through a food mill or blend in a blender.

## Nutrition Facts



## Properties

Glycemic Index:2.27, Glycemic Load:7.62, Inflammation Score:-1, Nutrition Score:0.68434782455797%

## Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.93mg, Epicatechin: 2.93mg, Epicatechin: 2.93mg, Epicatechin: 2.93mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

## Nutrients (% of daily need)

Calories: 54.82kcal (2.74%), Fat: 0.11g (0.17%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 14.3g (4.77%), Net Carbohydrates: 13.35g (4.85%), Sugar: 12.92g (14.36%), Cholesterol: 0mg (0%), Sodium: 0.54mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.22%), Fiber: 0.95g (3.8%), Vitamin C: 1.81mg (2.2%), Manganese: 0.03mg (1.58%), Potassium: 42.53mg (1.22%)