



Homemade Apple Butter

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



210 min.

SERVINGS



8

CALORIES



252 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 cups apple cider
- 4 pounds apples assorted peeled chopped
- 1 teaspoon ground cinnamon
- 1 pinch ground cloves
- 8 servings kosher salt
- 1 tablespoon juice of lemon fresh
- 1 cup brown sugar light packed
- 1 teaspoon vanilla extract

Equipment

- oven
- pot
- blender
- dutch oven
- immersion blender

Directions

- Preheat the oven to 250 degrees F.
- Combine the apples, apple cider, brown sugar and 1/2 teaspoon salt in a large ovenproof pot or Dutch oven over medium heat. Bring to a simmer, partially cover and cook until the apples are soft, about 20 minutes.
- Remove from the heat and stir in the lemon juice, cinnamon, vanilla and cloves. Puree the mixture in a blender in batches until smooth (or use an immersion blender).
- Return the mixture to the pot and bake, uncovered, stirring every 30 minutes, until thickened and deep amber, 2 1/2 to 3 1/2 hours (the timing will depend on the kind of apples you use).
- Remove from the oven and let cool completely, then transfer to an airtight container and refrigerate up to 5 days.
- Pancakes
- Waffles
- Yogurt
- Oatmeal
- Grilled cheese
- PB&J
- Biscuits
- Cornbread
- Pork chops
- Photograph by Charles Masters

Nutrition Facts

PROTEIN 1.04% FAT 1.58% CARBS 97.38%

Properties

Glycemic Index:9.72, Glycemic Load:10.95, Inflammation Score:-3, Nutrition Score:4.596521779247%

Flavonoids

Cyanidin: 3.57mg, Cyanidin: 3.57mg, Cyanidin: 3.57mg, Cyanidin: 3.57mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 19.86mg, Epicatechin: 19.86mg, Epicatechin: 19.86mg, Epicatechin: 19.86mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.44mg, Quercetin: 9.44mg, Quercetin: 9.44mg, Quercetin: 9.44mg

Nutrients (% of daily need)

Calories: 252.08kcal (12.6%), Fat: 0.47g (0.73%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 65.34g (21.78%), Net Carbohydrates: 59.64g (21.69%), Sugar: 56.05g (62.28%), Cholesterol: 0mg (0%), Sodium: 206.24mg (8.97%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Protein: 0.7g (1.4%), Fiber: 5.7g (22.81%), Vitamin C: 11.7mg (14.18%), Potassium: 342.75mg (9.79%), Manganese: 0.19mg (9.68%), Vitamin B6: 0.12mg (5.82%), Vitamin K: 5.09µg (4.84%), Calcium: 44.02mg (4.4%), Magnesium: 17.12mg (4.28%), Copper: 0.08mg (4.15%), Vitamin B2: 0.07mg (4.11%), Vitamin B1: 0.05mg (3.44%), Iron: 0.56mg (3.13%), Phosphorus: 30.53mg (3.05%), Vitamin E: 0.42mg (2.83%), Vitamin A: 123.93IU (2.48%), Vitamin B5: 0.21mg (2.07%), Folate: 7.47µg (1.87%), Vitamin B3: 0.29mg (1.44%)