



Homemade Apple Butter



Vegetarian



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



4

CALORIES



418 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup apple cider
- ☐ 10 medium apples cored peeled cut into large chunks (2 1/2 pounds) (ideally a mixture of varieties)
- ☐ 0.5 cup brown sugar packed
- ☐ 1 tablespoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.1 teaspoon mace
- ☐ 0.3 cup honey

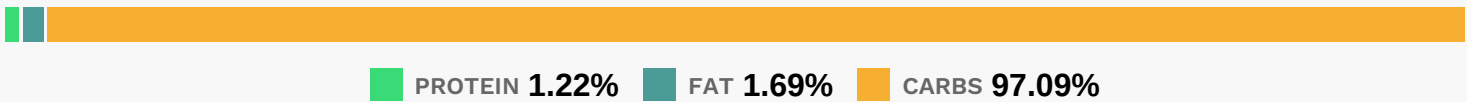
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ sieve
- ☐ dutch oven

Directions

- ☐ Combine all ingredients in a Dutch oven. Cover and cook over medium-low heat 1 hour or until apples are very tender, stirring occasionally.
- ☐ Place a large fine-mesh sieve over a bowl; spoon one-third of apple mixture into the sieve. Press the mixture through the sieve using the back of a spoon or ladle. Discard the pulp. Repeat this procedure with the remaining apple mixture.Return the mixture to the pan. Cook, uncovered, over medium-low heat 15 minutes or until thick, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:32.51, Glycemic Load:26.4, Inflammation Score:-5, Nutrition Score:9.2204347563827%

Flavonoids

Cyanidin: 7.15mg, Cyanidin: 7.15mg, Cyanidin: 7.15mg, Cyanidin: 7.15mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 34.96mg, Epicatechin: 34.96mg, Epicatechin: 34.96mg, Epicatechin: 34.96mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.86mg, Epigallocatechin 3-gallate: 0.86mg, Epigallocatechin 3-gallate: 0.86mg, Epigallocatechin 3-gallate: 0.86mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Quercetin: 18.33mg, Quercetin: 18.33mg, Quercetin: 18.33mg, Quercetin: 18.33mg

Nutrients (% of daily need)

Calories: 417.87kcal (20.89%), Fat: 0.85g (1.31%), Saturated Fat: 0.15g (0.93%), Carbohydrates: 110.62g (36.87%), Net Carbohydrates: 98.51g (35.82%), Sugar: 92.86g (103.17%), Cholesterol: 0mg (0%), Sodium: 14.28mg (0.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.77%), Fiber: 12.11g (48.44%), Manganese: 0.63mg

(31.51%), Vitamin C: 21.26mg (25.77%), Potassium: 559.52mg (15.99%), Vitamin B6: 0.21mg (10.47%), Vitamin K: 10.81µg (10.3%), Copper: 0.15mg (7.7%), Vitamin B2: 0.13mg (7.66%), Calcium: 73.56mg (7.36%), Magnesium: 28.01mg (7%), Vitamin E: 0.88mg (5.85%), Iron: 1.04mg (5.77%), Phosphorus: 54.51mg (5.45%), Vitamin B1: 0.08mg (5.42%), Vitamin A: 252.45IU (5.05%), Folate: 14.55µg (3.64%), Vitamin B5: 0.34mg (3.43%), Vitamin B3: 0.51mg (2.55%), Zinc: 0.28mg (1.87%)