



How to Make All-Day Apple Butter

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN

ready

690 min.

SERVINGS

servings

4

CALORIES

calories

1097 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 5.5 pounds apples cored peeled finely chopped
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon salt
- ☐ 4 cups sugar white

Equipment

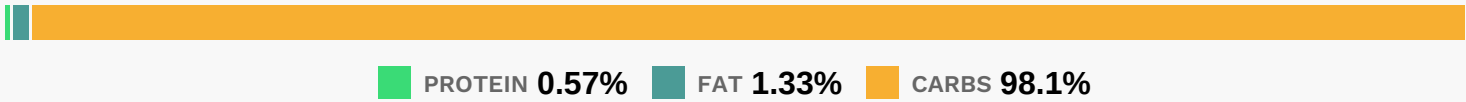
- ☐ bowl
- ☐ whisk

☐ slow cooker

Directions

- ☐ Place the apples in a slow cooker. In a medium bowl, mix the sugar, cinnamon, cloves and salt.
- ☐ Pour the mixture over the apples in the slow cooker and mix well.
- ☐ Cover and cook on high 1 hour.
- ☐ Reduce heat to low and cook 9 to 11 hours, stirring occasionally, until the mixture is thickened and dark brown.
- ☐ Uncover and continue cooking on low 1 hour. Stir with a whisk, if desired, to increase smoothness.
- ☐ Spoon the mixture into sterile containers, cover and refrigerate or freeze.

Nutrition Facts



Properties

Glycemic Index:26.77, Glycemic Load:162.39, Inflammation Score:-6, Nutrition Score:10.858260787052%

Flavonoids

Cyanidin: 9.79mg, Cyanidin: 9.79mg, Cyanidin: 9.79mg, Cyanidin: 9.79mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 8.11mg, Catechin: 8.11mg, Catechin: 8.11mg, Catechin: 8.11mg Epigallocatechin: 1.62mg, Epigallocatechin: 1.62mg, Epigallocatechin: 1.62mg, Epigallocatechin: 1.62mg Epicatechin: 46.96mg, Epicatechin: 46.96mg, Epicatechin: 46.96mg, Epicatechin: 46.96mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 1.18mg, Epigallocatechin 3-gallate: 1.18mg, Epigallocatechin 3-gallate: 1.18mg, Epigallocatechin 3-gallate: 1.18mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Quercetin: 25.01mg, Quercetin: 25.01mg, Quercetin: 25.01mg, Quercetin: 25.01mg

Nutrients (% of daily need)

Calories: 1097.13kcal (54.86%), Fat: 1.73g (2.66%), Saturated Fat: 0.18g (1.14%), Carbohydrates: 286.16g (95.39%), Net Carbohydrates: 270.62g (98.41%), Sugar: 264.49g (293.88%), Cholesterol: 0mg (0%), Sodium: 154.03mg (6.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.34%), Fiber: 15.54g (62.17%), Vitamin C: 28.73mg (34.82%), Manganese: 0.48mg (23.82%), Potassium: 676.96mg (19.34%), Vitamin K: 14.21µg (13.53%), Vitamin B6: 0.26mg (12.89%), Vitamin B2: 0.2mg (11.81%), Copper: 0.19mg (9.32%), Magnesium: 32.11mg (8.03%), Vitamin E: 1.16mg (7.71%), Vitamin B1: 0.11mg (7.1%), Phosphorus: 69.38mg (6.94%), Vitamin A: 339.94IU (6.8%), Iron: 0.95mg

(5.26%), Calcium: 50.32mg (5.03%), Folate: 18.8µg (4.7%), Vitamin B5: 0.38mg (3.85%), Vitamin B3: 0.58mg (2.91%), Zinc: 0.29mg (1.94%), Selenium: 1.24µg (1.77%)