



## Lower Sugar Spicy All-Day Apple Butter

 Vegetarian  Gluten Free  Dairy Free

READY IN



620 min.

SERVINGS



32

CALORIES



106 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 10 pounds apples cored peeled chopped
- 1 teaspoon ground allspice
- 4 teaspoons ground cinnamon
- 1 teaspoon ground cloves
- 0.8 teaspoon ground nutmeg
- 0.3 cup honey
- 2 teaspoons juice of lemon
- 1 tablespoon maple syrup

- 0.5 teaspoon blackstrap molasses
- 0.3 cup syrup sugar-free butter-flavored
- 0.3 teaspoon salt
- 1 tablespoon mexican vanilla extract
- 0.5 cup sugar white

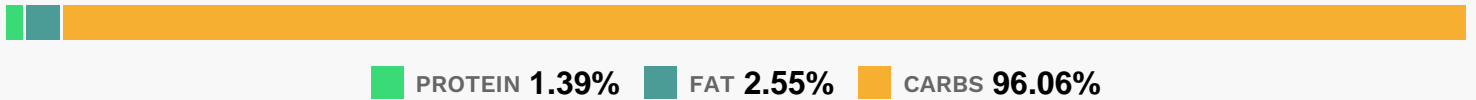
## Equipment

- whisk
- potato masher
- slow cooker

## Directions

- Place apples in a slow cooker.
- Sprinkle with sugar, cinnamon, cloves, allspice, nutmeg, and salt. Cover and cook on High for 2 hours.
- Stir butter-flavored syrup, honey, maple syrup, vanilla extract, lemon juice, and molasses into the apple mixture; mash apples with a potato masher or fork.
- Reduce heat to Low, cover, and continue cooking apple mixture until thickened and dark brown, 9 to 11 hours, whisking frequently.
- Remove cover and cook for 1 to 2 more hours.

## Nutrition Facts



## Properties

Glycemic Index:10.15, Glycemic Load:8.7, Inflammation Score:-2, Nutrition Score:2.6421738966652%

## Flavonoids

Cyanidin: 2.23mg, Cyanidin: 2.23mg, Cyanidin: 2.23mg, Cyanidin: 2.23mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 10.67mg, Epicatechin: 10.67mg, Epicatechin: 10.67mg, Epicatechin: 10.67mg Epicatechin 3-gallate:

0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg  
Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg,  
Epigallocatechin 3-gallate: 0.27mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol:  
0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Luteolin: 0.17mg,  
Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg,  
Kaempferol: 0.2mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

## **Nutrients (% of daily need)**

Calories: 105.52kcal (5.28%), Fat: 0.33g (0.5%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 27.57g (9.19%), Net  
Carbohydrates: 23.98g (8.72%), Sugar: 20.57g (22.86%), Cholesterol: 0.1mg (0.03%), Sodium: 22.52mg (0.98%),  
Alcohol: 0.14g (100%), Alcohol %: 0.12% (100%), Protein: 0.4g (0.8%), Fiber: 3.59g (14.34%), Vitamin C: 6.69mg  
(8.11%), Manganese: 0.16mg (7.77%), Potassium: 159.65mg (4.56%), Vitamin K: 3.29µg (3.13%), Vitamin B6: 0.06mg  
(3.03%), Vitamin B2: 0.05mg (2.79%), Copper: 0.05mg (2.37%), Magnesium: 8.14mg (2.03%), Vitamin E: 0.27mg  
(1.78%), Vitamin B1: 0.03mg (1.69%), Phosphorus: 16.42mg (1.64%), Vitamin A: 79.29IU (1.59%), Calcium: 13.12mg  
(1.31%), Iron: 0.23mg (1.25%), Folate: 4.46µg (1.11%)