



Overnight Apple Butter



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



147 kcal

CONDIMENT

DIP

SPREAD

Ingredients

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

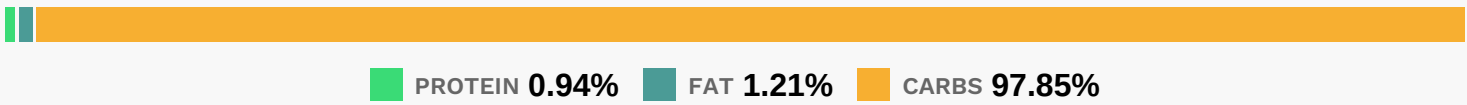
Equipment

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

Directions

- ☐ Combine all ingredients in a 5-quart electric slow cooker. Cover and cook on low 10 hours or until apples are very tender.
- ☐ Place a large fine-mesh sieve over a bowl; spoon one-third of apple mixture into sieve. Press mixture through sieve using the back of a spoon or ladle. Discard pulp. Repeat procedure with remaining apple mixture. Return apple mixture to slow cooker. Cook, uncovered, on high 1 1/2 hours or until mixture is thick, stirring occasionally. Spoon into a bowl; cover and chill up to a week.
- ☐ Combine all ingredients in a Dutch oven. Cover and cook over medium-low heat 1 hour or until apples are very tender, stirring occasionally. Strain through a sieve as recipe instructs in Step Return mixture to pan. Cook, uncovered, over medium-low heat 15 minutes or until thick, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:8.88, Inflammation Score:-1, Nutrition Score:2.441304344198%

Flavonoids

Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 8.74mg, Epicatechin: 8.74mg, Epicatechin: 8.74mg, Epicatechin: 8.74mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg,

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 146.7kcal (7.33%), Fat: 0.21g (0.33%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 38.76g (12.92%), Net Carbohydrates: 35.73g (12.99%), Sugar: 34.23g (38.03%), Cholesterol: 0mg (0%), Sodium: 5.71mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.74%), Fiber: 3.04g (12.15%), Manganese: 0.17mg (8.31%), Vitamin C: 5.34mg (6.47%), Potassium: 151.78mg (4.34%), Vitamin B6: 0.06mg (2.82%), Vitamin K: 2.7µg (2.57%), Calcium: 24.42mg (2.44%), Copper: 0.04mg (2.18%), Vitamin B2: 0.03mg (2.03%), Magnesium: 7.73mg (1.93%), Iron: 0.33mg (1.84%), Vitamin E: 0.22mg (1.46%), Phosphorus: 14.11mg (1.41%), Vitamin B1: 0.02mg (1.35%), Vitamin A: 63.11IU (1.26%)