



Pennsylvania-Dutch Apple Butter



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



26 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1.3 cups apple cider
- ☐ 0.8 cup brown sugar packed
- ☐ 2 pounds apples i use 2 granny smith apples peeled chopped
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon ground ginger

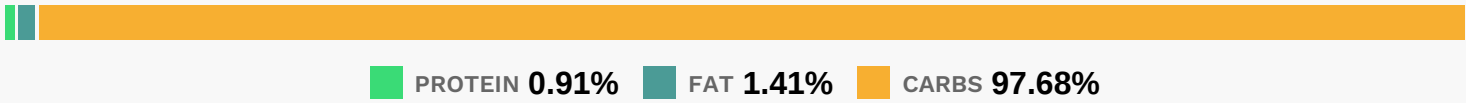
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Combine apples and cider in a large saucepan or Dutch oven. Bring to a boil; cover, reduce heat, and simmer 40 minutes or until tender.
- ☐ Place apple mixture in a blender or food processor; process until smooth.
- ☐ Combine pureed apple mixture, sugar, and remaining ingredients in pan; bring to a boil. Reduce heat, and simmer, uncovered, 25 minutes or until mixture is thick, stirring frequently. Cool. Store butter in an airtight container in refrigerator up to 2 months.

Nutrition Facts



Properties

Glycemic Index:1.93, Glycemic Load:0.97, Inflammation Score:-1, Nutrition Score:0.43478261031534%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 25.89kcal (1.29%), Fat: 0.04g (0.07%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 6.72g (2.24%), Net Carbohydrates: 6.23g (2.27%), Sugar: 5.89g (6.55%), Cholesterol: 0mg (0%), Sodium: 1.44mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.13%), Fiber: 0.49g (1.96%), Manganese: 0.03mg (1.44%), Vitamin C: 0.93mg (1.13%)