



## Quince Butter

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 teaspoons juice of lemon fresh
- 1.5 pounds quinces cored peeled quartered
- 1 cup sugar
- 4 cups water

## Equipment

- food processor
- frying pan
- slotted spoon

candy thermometer

## Directions

- Bring water and sugar to a boil; cook 2 minutes.
- Add quince, and cook over medium–low heat 45 minutes or until very tender.
- Remove from heat.
- Remove quince from pan with a slotted spoon, reserving liquid.
- Place quince in a food processor; process until smooth.
- Cook reserved cooking liquid over medium–high heat, without stirring, until candy thermometer registers 23
- Remove from heat; stir in pureed quince and juice. Cool; pour into an airtight container.
- Note: Refrigerate in an airtight container up to two months.

## Nutrition Facts

 PROTEIN **0.89%**  FAT **0.98%**  CARBS **98.13%**

## Properties

Glycemic Index:4.38, Glycemic Load:7.15, Inflammation Score:-1, Nutrition Score:0.74086956825593%

## Flavonoids

Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

## Nutrients (% of daily need)

Calories: 48.33kcal (2.42%), Fat: 0.06g (0.09%), Saturated Fat: 0g (0.02%), Carbohydrates: 12.67g (4.22%), Net Carbohydrates: 12.13g (4.41%), Sugar: 8.33g (9.25%), Cholesterol: 0mg (0%), Sodium: 3.19mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.23%), Vitamin C: 4.41mg (5.35%), Copper: 0.04mg (2.19%), Fiber: 0.54g (2.16%), Potassium: 56.44mg (1.61%), Iron: 0.2mg (1.13%)