



## Sauced: Apple Butter

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



180 min.

SERVINGS



3

CALORIES



869 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- 1 cup apple cider
- 4 lbs apples mixed good cored peeled cut into large chunks (such as Fuji, Granny Smith, or Courtland)
- 0.1 teaspoons ground allspice
- 1 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 0.3 teaspoon nutmeg
- 2 tablespoons juice of lemon
- 2 cups granulated sugar white

## Equipment

- bowl
- pot
- blender

## Directions

- Place apple and apple cider in a large heavy pot and bring to a simmer over medium heat. Cover and cook until apples are completely tender, about 20 to 30 minutes.
- Place half of the apples in the jar of a blender and purée until completely smooth.
- Pour into a medium bowl and repeat with remaining apples.
- Pour puréed apples back into large pot and bring to a simmer over medium–low heat. Stir in sugar, lemon juice, cinnamon, nutmeg, cloves, and allspice. Continue to simmer, uncovered, until sauce turns a deep brown and thickens, about 1 to 2 hours, stirring regularly to prevent burning.
- Let apple butter cool to room temperature, then store in an airtight container in the refrigerator for up to three weeks.

## Nutrition Facts

 **PROTEIN 0.75%**  **FAT 1.62%**  **CARBS 97.63%**

## Properties

Glycemic Index:77.61, Glycemic Load:118.75, Inflammation Score:-6, Nutrition Score:11.141304295996%

## Flavonoids

Cyanidin: 9.51mg, Cyanidin: 9.51mg, Cyanidin: 9.51mg, Cyanidin: 9.51mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 8.85mg, Catechin: 8.85mg, Catechin: 8.85mg, Catechin: 8.85mg Epigallocatechin: 1.57mg, Epigallocatechin: 1.57mg, Epigallocatechin: 1.57mg, Epigallocatechin: 1.57mg Epicatechin: 49.25mg, Epicatechin: 49.25mg, Epicatechin: 49.25mg, Epicatechin: 49.25mg Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg Epigallocatechin 3–gallate: 1.15mg, Epigallocatechin 3–gallate: 1.15mg, Epigallocatechin 3–gallate: 1.15mg, Epigallocatechin 3–gallate: 1.15mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol:

0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 24.75mg, Quercetin: 24.75mg, Quercetin: 24.75mg, Quercetin: 24.75mg

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

Calories: 869.18kcal (43.46%), Fat: 1.67g (2.57%), Saturated Fat: 0.24g (1.51%), Carbohydrates: 226.57g (75.52%), Net Carbohydrates: 211.44g (76.89%), Sugar: 203.85g (226.5%), Cholesterol: 0mg (0%), Sodium: 11.02mg (0.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.47%), Fiber: 15.14g (60.55%), Vitamin C: 32.46mg (39.35%), Manganese: 0.45mg (22.51%), Potassium: 744.72mg (21.28%), Vitamin B6: 0.27mg (13.43%), Vitamin K: 13.63µg (12.98%), Vitamin B2: 0.2mg (11.65%), Copper: 0.19mg (9.42%), Magnesium: 35.81mg (8.95%), Vitamin B1: 0.12mg (8.18%), Vitamin E: 1.13mg (7.56%), Phosphorus: 73.8mg (7.38%), Vitamin A: 330.69IU (6.61%), Iron: 0.97mg (5.39%), Calcium: 52.58mg (5.26%), Folate: 20.36µg (5.09%), Vitamin B5: 0.42mg (4.23%), Vitamin B3: 0.63mg (3.16%), Zinc: 0.29mg (1.96%), Selenium: 0.92µg (1.31%)