



Slow Cooker Apple Butter

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



610 min.

SERVINGS



100

CALORIES



51 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1.5 cups apple juice
- 3 pounds granny smith apples
- 1 teaspoon ground allspice
- 2 teaspoons ground cinnamon
- 1 teaspoon ground cloves
- 4 cups sugar
- 6 pound apple sauce unsweetened

Equipment

slow cooker

Directions

- Peel, core and cut the apples into small chips. Put all the ingredients into a slow cooker and stir. Cover and cook on low overnight, about 8 to 10 hours.
- Remove the cover, stir and taste.
- Add more spices or sugar, if desired. Continue cooking for a few more hours, uncovered, until some of the liquid is reduced and the butter has cooked down a bit.
- Pour into sterilized jars and refrigerate.
- Serve over hot biscuits, toast, scones, or just eat it out of the jar if no one is looking!

Nutrition Facts

PROTEIN **0.65%** FAT **1.41%** CARBS **97.94%**

Properties

Glycemic Index:1.63, Glycemic Load:6.25, Inflammation Score:-1, Nutrition Score:0.57782608983309%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 51.22kcal (2.56%), Fat: 0.09g (0.13%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 13.4g (4.47%), Net Carbohydrates: 12.74g (4.63%), Sugar: 12.31g (13.68%), Cholesterol: 0mg (0%), Sodium: 0.98mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.18%), Fiber: 0.67g (2.66%), Manganese: 0.03mg (1.71%), Vitamin C: 0.94mg (1.14%), Potassium: 39.2mg (1.12%)