



## Slow-Cooker Apple Butter

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



495 min.

SERVINGS



40

CALORIES



51 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 1 cinnamon sticks
- 5 lb gala apple
- 1 cup brown sugar light packed
- 0.5 teaspoon salt

### Equipment

- food processor
- slow cooker

## Directions

- Peel, core and slice apples. In food processor, grate apples (in batches, if needed).
- Place in slow cooker. Stir in brown sugar, salt and cinnamon stick.
- Cover; cook on High heat setting 4 hours.
- Remove and reserve cinnamon stick. In food processor, puree apple mixture (in batches, if needed) until smooth. Return to slow cooker with cinnamon stick.
- Cook uncovered on High heat setting 4 hours longer, stirring occasionally.
- Remove and discard cinnamon stick. Cool completely.
- Transfer butter to jars; seal tightly. Store in refrigerator up to 3 weeks.

## Nutrition Facts

 PROTEIN 1.15%  FAT 1.6%  CARBS 97.25%

## Properties

Glycemic Index:0.93, Glycemic Load:2.07, Inflammation Score:-1, Nutrition Score:1.0156521858728%

## Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

## Nutrients (% of daily need)

Calories: 50.6kcal (2.53%), Fat: 0.1g (0.15%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 13.29g (4.43%), Net Carbohydrates: 11.88g (4.32%), Sugar: 11.23g (12.48%), Cholesterol: 0mg (0%), Sodium: 31.18mg (1.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.32%), Fiber: 1.41g (5.63%), Vitamin C: 2.61mg (3.17%), Potassium: 68.37mg (1.95%), Manganese: 0.04mg (1.94%), Vitamin B6: 0.03mg (1.28%), Vitamin K: 1.27µg (1.21%)