



Slow Cooker Apple Butter



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



540 min.

SERVINGS



7

CALORIES



445 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.7 cup apple cider
- ☐ 6 pounds apples cored peeled cut into one-inch chunks
- ☐ 1 cup brown sugar
- ☐ 2 teaspoons cinnamon
- ☐ 1 cup granulated sugar
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon nutmeg

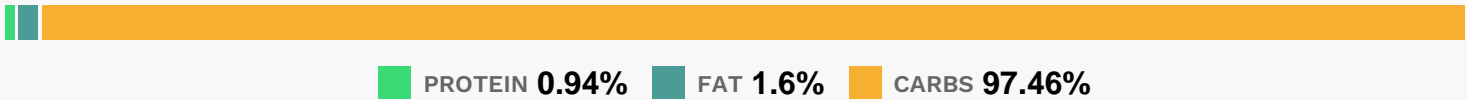
Equipment

- ☐ food processor
- ☐ ladle
- ☐ pot
- ☐ blender
- ☐ slow cooker
- ☐ immersion blender

Directions

- ☐ Combine the apples and apple cider, juice, or water in a large, heavy-bottomed pot. Bring to a boil, then reduce the heat and simmer until the apples are soft enough to break apart with a spoon, about 30 minutes.
- ☐ Remove the pot from the heat and puree the apples with an immersion blender. (Alternatively, this can be done in batches in a blender or food processor.)
- ☐ Transfer the applesauce to a slow cooker and stir in the brown sugar, granulated sugar, cinnamon, ginger, and nutmeg. Cook on low for eight hours, until the butter is thick enough to hold its shape when spooned on a chilled plate.
- ☐ To preserve the apple butter ladle the hot butter into hot sterilized jars, leaving 1/4-inch headspace. Wipe the rims of the jars, cover with the lids, and screw the bands on until just barely tight.
- ☐ Place the jars on rack in pot and cover completely with water. Cover the pot and bring to a boil over high heat. Boil for 20 minutes. Turn off the heat, uncover the pot, and allow the jars to rest in the water for five minutes.
- ☐ Remove the jars from the pot and allow them to rest undisturbed on the countertop for six hours or overnight. Preserved apple butter will keep in a cool, dark place for up to six months.
- ☐ Alternatively, refrigerate the butter for up to two months.

Nutrition Facts



Properties

Glycemic Index:31.12, Glycemic Load:35.18, Inflammation Score:-5, Nutrition Score:7.2313042490379%

Flavonoids

Cyanidin: 6.11mg, Cyanidin: 6.11mg, Cyanidin: 6.11mg, Cyanidin: 6.11mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 5.34mg, Catechin: 5.34mg, Catechin: 5.34mg, Catechin: 5.34mg Epigallocatechin: 1.01mg, Epigallocatechin: 1.01mg, Epigallocatechin: 1.01mg, Epigallocatechin: 1.01mg Epicatechin: 30.33mg, Epicatechin: 30.33mg, Epicatechin: 30.33mg, Epicatechin: 30.33mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.74mg, Epigallocatechin 3–gallate: 0.74mg, Epigallocatechin 3–gallate: 0.74mg, Epigallocatechin 3–gallate: 0.74mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Quercetin: 15.72mg, Quercetin: 15.72mg, Quercetin: 15.72mg, Quercetin: 15.72mg

Nutrients (% of daily need)

Calories: 444.58kcal (22.23%), Fat: 0.85g (1.3%), Saturated Fat: 0.16g (0.98%), Carbohydrates: 116.12g (38.71%), Net Carbohydrates: 106.39g (38.69%), Sugar: 101.65g (112.95%), Cholesterol: 0mg (0%), Sodium: 13.99mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.23%), Fiber: 9.73g (38.92%), Vitamin C: 18.11mg (21.96%), Manganese: 0.33mg (16.27%), Potassium: 485.93mg (13.88%), Vitamin B6: 0.18mg (8.92%), Vitamin K: 8.73µg (8.32%), Vitamin B2: 0.11mg (6.52%), Copper: 0.13mg (6.43%), Magnesium: 24.3mg (6.08%), Calcium: 57.65mg (5.76%), Vitamin E: 0.72mg (4.77%), Vitamin B1: 0.07mg (4.77%), Phosphorus: 46.51mg (4.65%), Iron: 0.81mg (4.51%), Vitamin A: 212.05IU (4.24%), Folate: 12.14µg (3.03%), Vitamin B5: 0.29mg (2.92%), Vitamin B3: 0.43mg (2.14%), Zinc: 0.19mg (1.27%)