



WHATSheATE



## Slow Cooker Apple Butter



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



688 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 4 pounds apples peeled sliced
- ☐ 1 cup brown sugar packed
- ☐ 1 teaspoon nutmeg
- ☐ 3 cups sugar

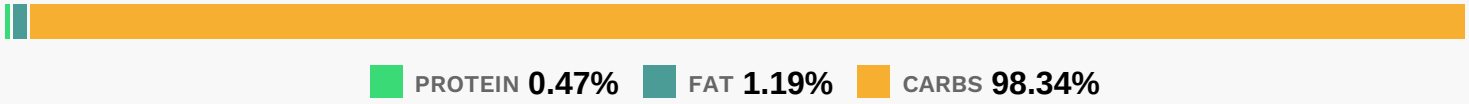
### Equipment

- ☐ slow cooker

# Directions

- ☐
- Place sliced apple and vinegar in a 4-quart slow cooker.
- ☐
- Cook, covered, at HIGH 6 hours. Stir in sugars and nutmeg. Reduce setting to LOW; cook, covered, 4 hours. Cool. Store in refrigerator up to 1 week.

## Nutrition Facts



## Properties

Glycemic Index:35.35, Glycemic Load:80.98, Inflammation Score:-3, Nutrition Score:5.5986956979917%

## Flavonoids

Cyanidin: 4.75mg, Cyanidin: 4.75mg, Cyanidin: 4.75mg, Cyanidin: 4.75mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.93mg, Catechin: 3.93mg, Catechin: 3.93mg, Catechin: 3.93mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 22.77mg, Epicatechin: 22.77mg, Epicatechin: 22.77mg, Epicatechin: 22.77mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Quercetin: 12.13mg, Quercetin: 12.13mg, Quercetin: 12.13mg, Quercetin: 12.13mg

## Nutrients (% of daily need)

Calories: 687.51kcal (34.38%), Fat: 0.96g (1.47%), Saturated Fat: 0.17g (1.07%), Carbohydrates: 177.65g (59.22%), Net Carbohydrates: 170.32g (61.94%), Sugar: 166.99g (185.54%), Cholesterol: 0mg (0%), Sodium: 15.34mg (0.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.7%), Fiber: 7.33g (29.31%), Vitamin C: 13.92mg (16.87%), Potassium: 390.04mg (11.14%), Manganese: 0.19mg (9.63%), Vitamin B6: 0.14mg (6.98%), Vitamin K: 6.65µg (6.34%), Vitamin B2: 0.1mg (5.75%), Copper: 0.11mg (5.54%), Calcium: 51.58mg (5.16%), Magnesium: 20.03mg (5.01%), Iron: 0.72mg (4.02%), Phosphorus: 37.03mg (3.7%), Vitamin E: 0.54mg (3.63%), Vitamin B1: 0.05mg (3.5%), Vitamin A: 163.63IU (3.27%), Folate: 9.69µg (2.42%), Vitamin B5: 0.23mg (2.33%), Vitamin B3: 0.32mg (1.6%), Selenium: 1.07µg (1.52%), Zinc: 0.16mg (1.05%)