



Slow Cooker Apple Butter



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



1350 min.

SERVINGS



12

CALORIES



502 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 1 cup brown sugar
- ☐ 1 teaspoon ground allspice
- ☐ 1 tablespoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 12 pounds golden delicious apples cored peeled sliced
- ☐ 3 cups sugar white

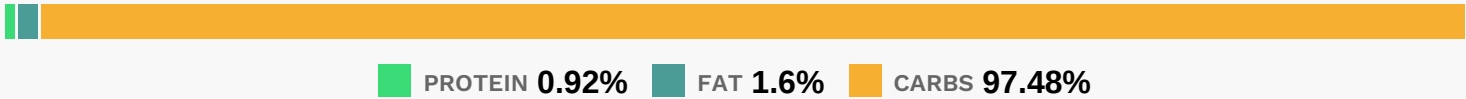
Equipment

☐ slow cooker

Directions

- ☐ Place apples and vinegar into a large slow cooker, and place lid on top. Set on High, and cook for 8 hours, then turn to Low, and continue cooking 10 hours more.
- ☐ After 18 hours, stir in white sugar, brown sugar, cinnamon, clove, and allspice, and cook 4 hours more.

Nutrition Facts



Properties

Glycemic Index:13.51, Glycemic Load:51.51, Inflammation Score:-5, Nutrition Score:8.0208695634552%

Flavonoids

Cyanidin: 7.12mg, Cyanidin: 7.12mg, Cyanidin: 7.12mg, Cyanidin: 7.12mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 5.9mg, Catechin: 5.9mg, Catechin: 5.9mg, Catechin: 5.9mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 34.16mg, Epicatechin: 34.16mg, Epicatechin: 34.16mg, Epicatechin: 34.16mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.86mg, Epigallocatechin 3-gallate: 0.86mg, Epigallocatechin 3-gallate: 0.86mg, Epigallocatechin 3-gallate: 0.86mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Quercetin: 18.19mg, Quercetin: 18.19mg, Quercetin: 18.19mg, Quercetin: 18.19mg

Nutrients (% of daily need)

Calories: 502.33kcal (25.12%), Fat: 0.96g (1.48%), Saturated Fat: 0.14g (0.85%), Carbohydrates: 131.16g (43.72%), Net Carbohydrates: 119.87g (43.59%), Sugar: 114.91g (127.68%), Cholesterol: 0mg (0%), Sodium: 10.98mg (0.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.48%), Fiber: 11.29g (45.16%), Vitamin C: 20.96mg (25.4%), Manganese: 0.34mg (17.18%), Potassium: 523.04mg (14.94%), Vitamin K: 10.25µg (9.76%), Vitamin B6: 0.2mg (9.75%), Vitamin B2: 0.13mg (7.52%), Copper: 0.14mg (6.94%), Magnesium: 25.56mg (6.39%), Vitamin E: 0.84mg (5.57%), Phosphorus: 52.08mg (5.21%), Vitamin B1: 0.08mg (5.17%), Calcium: 51.67mg (5.17%), Vitamin A: 247.87IU (4.96%), Iron: 0.79mg (4.4%), Folate: 13.9µg (3.48%), Vitamin B5: 0.3mg (3.03%), Vitamin B3: 0.45mg (2.24%), Zinc: 0.21mg (1.41%)