



Slow Cooker Apple Butter with Honey



Vegetarian



Gluten Free



Dairy Free

READY IN



610 min.

SERVINGS



8

CALORIES



377 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 teaspoon allspice
- ☐ 5.5 pounds apples cored peeled thinly sliced
- ☐ 0.5 cup brown sugar
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 cup honey
- ☐ 1 cup sugar white

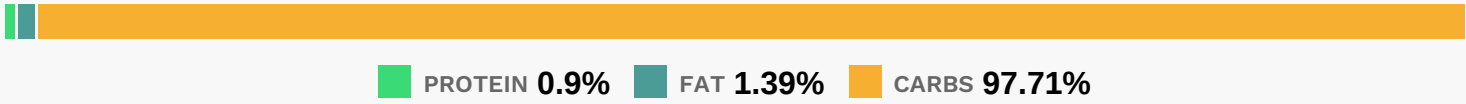
Equipment

- ☐ slow cooker

Directions

- ☐
- Stir apples, white sugar, brown sugar, honey, cinnamon, and allspice together in a slow cooker.
- ☐
- Cook on High for 1 hour. Change heat to Low and continue cooking until apples are easily mashed with a fork, 9 to 11 hours.

Nutrition Facts



Properties

Glycemic Index:21.8, Glycemic Load:37.95, Inflammation Score:-4, Nutrition Score:5.6295652337696%

Flavonoids

Cyanidin: 4.9mg, Cyanidin: 4.9mg, Cyanidin: 4.9mg, Cyanidin: 4.9mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 4.05mg, Catechin: 4.05mg, Catechin: 4.05mg, Catechin: 4.05mg Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg Epicatechin: 23.48mg, Epicatechin: 23.48mg, Epicatechin: 23.48mg, Epicatechin: 23.48mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Quercetin: 12.51mg, Quercetin: 12.51mg, Quercetin: 12.51mg, Quercetin: 12.51mg

Nutrients (% of daily need)

Calories: 376.63kcal (18.83%), Fat: 0.63g (0.96%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 99.37g (33.12%), Net Carbohydrates: 91.56g (33.29%), Sugar: 88.13g (97.92%), Cholesterol: 0mg (0%), Sodium: 8.21mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.84%), Fiber: 7.82g (31.28%), Vitamin C: 14.52mg (17.6%), Manganese: 0.23mg (11.35%), Potassium: 366.94mg (10.48%), Vitamin B6: 0.14mg (6.98%), Vitamin K: 7.02µg (6.68%), Vitamin B2: 0.09mg (5.54%), Copper: 0.1mg (5.12%), Magnesium: 17.72mg (4.43%), Vitamin E: 0.57mg (3.82%), Calcium: 37.48mg (3.75%), Phosphorus: 36.16mg (3.62%), Vitamin B1: 0.05mg (3.55%), Iron: 0.62mg (3.47%), Vitamin A: 170.55IU (3.41%), Folate: 9.99µg (2.5%), Vitamin B5: 0.22mg (2.25%), Vitamin B3: 0.33mg (1.67%), Zinc: 0.19mg (1.26%)