



Spirited Apple Butter



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



200 min.

SERVINGS



5

CALORIES



450 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 12 ounces orange juice concentrate frozen thawed canned ()
- ☐ 0.5 cup apple cider sweet
- ☐ 4 pounds apples cored peeled cut into fourths
- ☐ 0.8 cup brown sugar packed
- ☐ 1 cup apple cider
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground ginger
- ☐ 0.3 teaspoon ground cloves

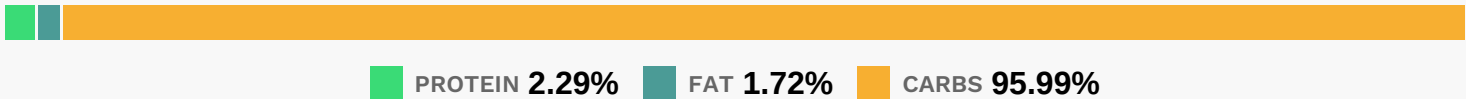
Equipment

- ☐ wire rack
- ☐ potato masher
- ☐ dutch oven

Directions

- ☐ Heat juice concentrate, wine and apples to boiling in 4-quart Dutch oven; reduce heat to low. Simmer uncovered about 1 hour, stirring occasionally, until apples are very soft. Mash with potato masher if necessary, to remove all lumps.
- ☐ Stir in remaining ingredients.
- ☐ Heat to boiling; reduce heat to low. Simmer uncovered about 2 hours, stirring occasionally, until no liquid separates from pulp.
- ☐ Immediately pour into hot, sterilized jars, leaving 1/4-inch headspace. Wipe rims of jars; seal. Cool on wire rack 1 hour. Store in refrigerator up to 2 months.

Nutrition Facts



Properties

Glycemic Index:23.7, Glycemic Load:16.45, Inflammation Score:-8, Nutrition Score:14.814347946126%

Flavonoids

Cyanidin: 5.71mg, Cyanidin: 5.71mg, Cyanidin: 5.71mg, Cyanidin: 5.71mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 5.6mg, Catechin: 5.6mg, Catechin: 5.6mg, Catechin: 5.6mg Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg Epicatechin: 30.66mg, Epicatechin: 30.66mg, Epicatechin: 30.66mg, Epicatechin: 30.66mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 14.96mg, Quercetin: 14.96mg, Quercetin: 14.96mg, Quercetin: 14.96mg

Nutrients (% of daily need)

Calories: 449.96kcal (22.5%), Fat: 0.91g (1.41%), Saturated Fat: 0.17g (1.08%), Carbohydrates: 115.07g (38.36%), Net Carbohydrates: 105.24g (38.27%), Sugar: 96.79g (107.55%), Cholesterol: 0mg (0%), Sodium: 20.89mg (0.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.49%), Vitamin C: 116mg (140.61%), Fiber: 9.83g (39.33%), Potassium: 939.66mg (26.85%), Manganese: 0.5mg (24.82%), Vitamin B6: 0.36mg (17.77%), Vitamin B1: 0.26mg (17.61%), Folate: 63.71µg (15.93%), Vitamin B2: 0.23mg (13.32%), Magnesium: 49.82mg (12.46%), Vitamin A: 455.99IU (9.12%), Phosphorus: 88.73mg (8.87%), Calcium: 85.78mg (8.58%), Copper: 0.17mg (8.29%), Vitamin K: 8.53µg (8.12%), Vitamin E: 1.09mg (7.24%), Vitamin B5: 0.68mg (6.84%), Iron: 1.1mg (6.13%), Vitamin B3: 1.21mg (6.03%), Zinc: 0.3mg (2.02%), Selenium: 0.98µg (1.4%)