



SURE.JELL Apple Butter

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



100

CALORIES



52 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 tsp butter
- 5 cups fruit ripe prepared (4-)
- 1 pkg sure-jell fruit pectin
- 2 tsp ground cinnamon
- 0.3 cup juice of lemon fresh
- 6 cups sugar
- 1.5 cups water

Equipment

- sauce pan
- ladle
- pot
- sieve
- wooden spoon

Directions

- Bring boiling-water canner, half full with water, to simmer. Wash jars and screw bands in hot soapy water; rinse with warm water.
- Pour boiling water over flat lids in saucepan off the heat.
- Let stand in hot water until ready to use.
- Drain well before filling.
- Remove blossom and stem ends from unpeeled apples. Core apples; cut into quarters.
- Place in 4-qt. saucepan.
- Add water and lemon juice; stir. Bring to boil; cover. Simmer on medium heat 20 min. or until apples are tender, stirring occasionally. Force mixture through food mill or strain through coarse sieve, using wooden spoon to force apples through mill; discard peels. Measure exactly 5 cups of the prepared fruit into 6- or 8-qt. stockpot. Stir in cinnamon.
- Stir pectin into prepared fruit in stockpot.
- Add butter to reduce foaming. Bring mixture to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly. Stir in sugar. Return to full rolling boil and boil exactly 1 min., stirring constantly.
- Remove from heat. Skim off any foam with metal spoon.
- Ladle immediately into prepared jars, filling to within 1/4 inch of tops. Wipe jar rims and threads. Cover with two-piece lids. Screw bands tightly.
- Place jars on elevated rack in canner. Lower rack into canner. (Water must cover jars by 1 to 2 inches.
- Add boiling water, if necessary.) Cover; bring water to gentle boil. Process 10 min.
- Remove jars and place upright on towel to cool completely. After jars cool, check seals by pressing centers of lids with finger. (If lids spring back, lids are not sealed and refrigeration is necessary.)

Nutrition Facts

PROTEIN 0.16% FAT 1.19% CARBS 98.65%

Properties

Glycemic Index:1.07, Glycemic Load:8.61, Inflammation Score:0, Nutrition Score:0.18478260926254%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 51.51kcal (2.58%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 13.35g (4.45%), Net Carbohydrates: 13.13g (4.77%), Sugar: 12.64g (14.05%), Cholesterol: 0mg (0%), Sodium: 1.59mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.04%)