



Timeless Apple Butter



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



680 min.

SERVINGS



4

CALORIES



997 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 cup apple cider
- ☐ 20 small apples cored peeled chopped
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 tablespoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.3 teaspoon salt
- ☐ 3 cups sugar white

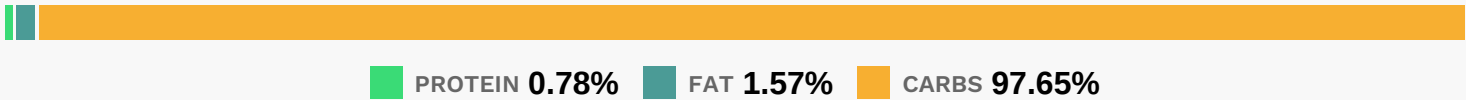
Equipment

- ☐ paper towels
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ spatula
- ☐ slow cooker

Directions

- ☐ Stir apples, sugar, apple cider, cinnamon, allspice, salt, and cloves together in a slow cooker.
- ☐ Cook on High for 1 hour. Reduce heat to Low and continue cooking, stirring occasionally, until the mixture is thickened and dark brown, 9 to 11 hours.
- ☐ Remove cover and continue cooking on Low, whisking occasionally, until desired smoothness is achieved, about 1 hour.
- ☐ Sterilize the jars and lids in boiling water for at least 5 minutes. Pack the apple butter into the hot, sterilized jars, filling the jars to within 1/4 inch of the top. Run a knife or a thin spatula around the insides of the jars after they have been filled to remove any air bubbles. Wipe the rims of the jars with a moist paper towel to remove any food residue. Top with lids, and screw on rings.
- ☐ Place a rack in the bottom of a large stockpot and fill halfway with water. Bring to a boil and lower jars into the boiling water using a holder. Leave a 2-inch space between the jars.
- ☐ Pour in more boiling water if necessary to bring the water level to at least 1 inch above the tops of the jars. Bring the water to a rolling boil, cover the pot, and process for 10 minutes.
- ☐ Remove the jars from the stockpot and place onto a cloth-covered or wood surface, several inches apart, until cool. Once cool, press the top of each lid with a finger, ensuring that the seal is tight (lid does not move up or down at all). Store in a cool, dark area.

Nutrition Facts



Properties

Glycemic Index:40.71, Glycemic Load:134.6, Inflammation Score:-7, Nutrition Score:13.664348011431%

Flavonoids

Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 10.42mg, Catechin: 10.42mg, Catechin: 10.42mg, Catechin: 10.42mg Epigallocatechin: 1.94mg, Epigallocatechin: 1.94mg, Epigallocatechin: 1.94mg, Epigallocatechin: 1.94mg Epicatechin: 58.88mg, Epicatechin: 58.88mg, Epicatechin: 58.88mg, Epicatechin: 58.88mg Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg Epigallocatechin 3–gallate: 1.42mg, Epigallocatechin 3–gallate: 1.42mg, Epigallocatechin 3–gallate: 1.42mg, Epigallocatechin 3–gallate: 1.42mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 30.22mg, Quercetin: 30.22mg, Quercetin: 30.22mg, Quercetin: 30.22mg

Nutrients (% of daily need)

Calories: 997.48kcal (49.87%), Fat: 1.87g (2.87%), Saturated Fat: 0.23g (1.46%), Carbohydrates: 260.62g (86.87%), Net Carbohydrates: 241.51g (87.82%), Sugar: 232.9g (258.78%), Cholesterol: 0mg (0%), Sodium: 157.12mg (6.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.17%), Fiber: 19.11g (76.43%), Vitamin C: 34.93mg (42.33%), Manganese: 0.7mg (35.07%), Potassium: 870.33mg (24.87%), Vitamin K: 17.1µg (16.29%), Vitamin B6: 0.32mg (15.99%), Vitamin B2: 0.23mg (13.72%), Copper: 0.23mg (11.33%), Magnesium: 41.73mg (10.43%), Vitamin E: 1.4mg (9.33%), Vitamin B1: 0.14mg (9.31%), Phosphorus: 87.57mg (8.76%), Vitamin A: 409.57IU (8.19%), Calcium: 72.27mg (7.23%), Iron: 1.22mg (6.8%), Folate: 22.53µg (5.63%), Vitamin B5: 0.49mg (4.91%), Vitamin B3: 0.75mg (3.76%), Zinc: 0.36mg (2.43%), Selenium: 1.03µg (1.47%)