

Apple Butter

Patti Lovejoy

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Yield: 5 pints

6 pounds (24 to 36 medium) apples

2 quarts water

1 quart sweet cider

3 cups sugar

ground cinnamon (to taste)

ground clove (to taste)

Wash the apples and cut into small pieces, leaving the skins and the cores. In a large pot, add the water and boil the apples until they are soft (about 30 minutes).

Put the apple contents through a food mill or rub through a sieve.

Boil down the cider to one-half its volume. Add the hot apple pulp, sugar, cinnamon and cloves to taste. Cook until thick enough to spread without running. Stir occasionally to prevent sticking or scorching.

Ladle into hot sterilized canning jars, leaving 1/4-inch headroom. Seal

Process in a boiling water bath for 5 minutes.

Per Serving (excluding unknown items): 2811 Calories; 3g Fat (0.9% calories from fat); 2g Protein; 726g Carbohydrate; 22g Dietary Fiber; 0mg Cholesterol; 63mg Sodium. Exchanges: 8 1/2 Fruit; 40 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	2811	Vitamin B6 (mg):	.4mg
% Calories from Fat:	0.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	98.9%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	0.2%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	3g	Folacin (mcg):	23mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg

Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	726g
Dietary Fiber (g):	22g
Protein (g):	2g
Sodium (mg):	63mg
Potassium (mg):	964mg
Calcium (mg):	102mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	47mg
Vitamin A (i.u.):	439IU
Vitamin A (r.e.):	44RE

Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	8 1/2
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	40

Nutrition Facts

Amount Per Serving

Calories	2811	Calories from Fat: 25
----------	------	-----------------------

% Daily Values*

Total Fat	3g	5%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	63mg	3%
Total Carbohydrates	726g	242%
Dietary Fiber	22g	89%
Protein	2g	
Vitamin A		9%
Vitamin C		79%
Calcium		10%
Iron		11%

* Percent Daily Values are based on a 2000 calorie diet.