



10 Minute Apple Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



573 kcal

SAUCE

Ingredients

- ☐ 1 cup unfiltered apple juice
- ☐ 3 fuji apples cored peeled quartered
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons cognac
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 3 tablespoons honey
- ☐ 3 golden delicious apples cored peeled quartered

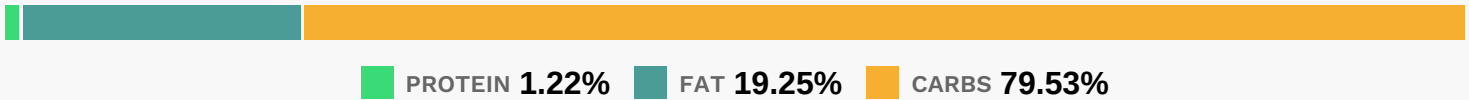
Equipment

- ☐ potato masher
- ☐ microwave
- ☐ immersion blender

Directions

- ☐ In a sealable microwave-safe container, combine apples with all other ingredients. Close lid, leaving one corner of lid open to allow steam to escape. Microwave on high for 10 minutes.
- ☐ Using a hand blender or potato masher, blend to desired consistency.
- ☐ Serve hot immediately or chill for later use.

Nutrition Facts



Properties

Glycemic Index:113.51, Glycemic Load:39.07, Inflammation Score:-7, Nutrition Score:10.626521728609%

Flavonoids

Cyanidin: 8.6mg, Cyanidin: 8.6mg, Cyanidin: 8.6mg, Cyanidin: 8.6mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 8.65mg, Catechin: 8.65mg, Catechin: 8.65mg, Catechin: 8.65mg Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg Epicatechin: 46.95mg, Epicatechin: 46.95mg, Epicatechin: 46.95mg, Epicatechin: 46.95mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 1.04mg, Epigallocatechin 3-gallate: 1.04mg, Epigallocatechin 3-gallate: 1.04mg, Epigallocatechin 3-gallate: 1.04mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 22.61mg, Quercetin: 22.61mg, Quercetin: 22.61mg, Quercetin: 22.61mg

Nutrients (% of daily need)

Calories: 572.98kcal (28.65%), Fat: 12.45g (19.15%), Saturated Fat: 7.38g (46.11%), Carbohydrates: 115.73g (38.58%), Net Carbohydrates: 102.05g (37.11%), Sugar: 94.59g (105.1%), Cholesterol: 30.1mg (10.03%), Sodium: 101.9mg (4.43%), Alcohol: 5.01g (100%), Alcohol %: 0.87% (100%), Protein: 1.78g (3.55%), Fiber: 13.68g (54.72%), Vitamin C: 26.41mg (32.01%), Potassium: 731.65mg (20.9%), Manganese: 0.4mg (19.9%), Vitamin A: 647.41IU (12.95%), Vitamin B6: 0.26mg (12.76%), Vitamin K: 13.15µg (12.52%), Vitamin B2: 0.18mg (10.62%), Copper: 0.18mg (8.92%), Vitamin E: 1.33mg (8.88%), Magnesium: 34.71mg (8.68%), Vitamin B1: 0.12mg (8.04%), Phosphorus: 74.28mg (7.43%), Iron: 0.99mg (5.48%), Calcium: 52.94mg (5.29%), Folate: 17.46µg (4.36%), Vitamin B5: 0.43mg (4.32%), Vitamin B3: 0.64mg (3.2%), Zinc: 0.34mg (2.27%)