



Apple-Pear Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



258 kcal

SAUCE

Ingredients

- ☐ 0.8 cup apple juice
- ☐ 4 apples peeled chopped
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.1 teaspoon nutmeg
- ☐ 1 tablespoon juice of lemon
- ☐ 3 pears peeled chopped

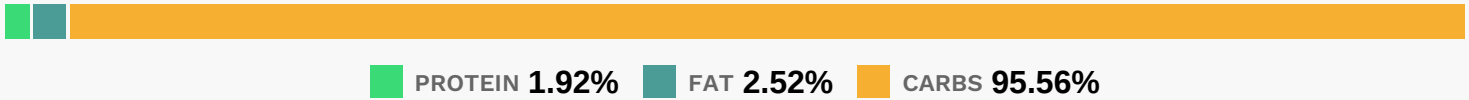
Equipment

sauce pan

Directions

- Bring all ingredients to a boil in a saucepan over medium heat. Reduce heat, and simmer, stirring occasionally, 10 minutes or until fruit is tender.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:61.5, Glycemic Load:19.59, Inflammation Score:-5, Nutrition Score:8.1834782465644%

Flavonoids

Cyanidin: 7.49mg, Cyanidin: 7.49mg, Cyanidin: 7.49mg, Cyanidin: 7.49mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 4.41mg, Catechin: 4.41mg, Catechin: 4.41mg, Catechin: 4.41mg Epigallocatechin: 1.68mg, Epigallocatechin: 1.68mg, Epigallocatechin: 1.68mg, Epigallocatechin: 1.68mg Epicatechin: 27.89mg, Epicatechin: 27.89mg, Epicatechin: 27.89mg, Epicatechin: 27.89mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.6mg, Quercetin: 11.6mg, Quercetin: 11.6mg, Quercetin: 11.6mg

Nutrients (% of daily need)

Calories: 258.34kcal (12.92%), Fat: 0.8g (1.23%), Saturated Fat: 0.15g (0.93%), Carbohydrates: 68.13g (22.71%), Net Carbohydrates: 56.51g (20.55%), Sugar: 48.71g (54.12%), Cholesterol: 0mg (0%), Sodium: 7mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.74%), Fiber: 11.62g (46.46%), Vitamin C: 21.32mg (25.84%), Potassium: 535.76mg (15.31%), Manganese: 0.3mg (14.92%), Vitamin K: 13.34µg (12.71%), Copper: 0.22mg (11.07%), Vitamin B6: 0.17mg (8.26%), Vitamin B2: 0.12mg (7.12%), Magnesium: 28.46mg (7.12%), Phosphorus: 53.16mg (5.32%), Folate: 20.83µg (5.21%), Vitamin B1: 0.08mg (5.15%), Vitamin E: 0.68mg (4.5%), Iron: 0.72mg (3.98%), Calcium: 38.19mg (3.82%), Vitamin A: 177.17IU (3.54%), Vitamin B3: 0.56mg (2.81%), Vitamin B5: 0.27mg (2.73%), Zinc: 0.3mg (1.98%)