

Apple Pear Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



88 kcal

SAUCE

Ingredients

- ☐ 3 apples cut into chunks
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 4 pears cut into chunks
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup water

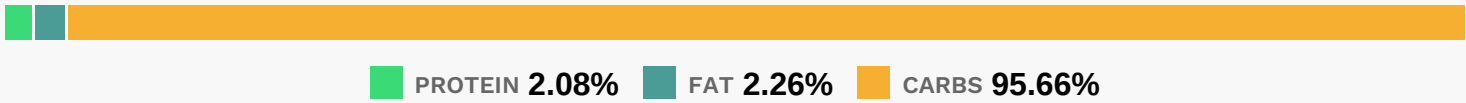
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Heat a skillet over medium heat; add pears, apples, water, and vanilla extract to the hot skillet. Cover and simmer fruit mixture for 10 minutes; remove lid and cook until most of liquid is evaporated and fruit is softened, 10 to 15 more minutes.
- ☐ Remove skillet from heat and transfer fruit mixture and any remaining liquid to a food processor. Process until smooth; stir in cinnamon.
- ☐ Serve warm or refrigerate up to 4 days.

Nutrition Facts



Properties

Glycemic Index:9.22, Glycemic Load:6.45, Inflammation Score:-2, Nutrition Score:2.8834782242775%

Flavonoids

Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 8.49mg, Epicatechin: 8.49mg, Epicatechin: 8.49mg, Epicatechin: 8.49mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 87.81kcal (4.39%), Fat: 0.24g (0.37%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 23.06g (7.69%), Net Carbohydrates: 18.63g (6.77%), Sugar: 15.84g (17.6%), Cholesterol: 0mg (0%), Sodium: 2.36mg (0.1%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 0.5g (1%), Fiber: 4.43g (17.72%), Vitamin C: 6.97mg (8.45%), Vitamin K: 5.44µg (5.18%), Potassium: 177.28mg (5.07%), Copper: 0.09mg (4.72%), Manganese: 0.08mg (3.93%), Vitamin B6: 0.05mg (2.7%), Magnesium: 9.89mg (2.47%), Vitamin B2: 0.04mg (2.43%), Folate: 8.28µg (2.07%), Phosphorus: 18.26mg (1.83%), Vitamin E: 0.23mg (1.54%), Vitamin B1: 0.02mg (1.49%), Iron: 0.25mg (1.38%), Calcium: 13.23mg (1.32%), Vitamin A: 59.29IU (1.19%), Vitamin B3: 0.21mg (1.04%)