



Apple Persimmon Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



321 kcal

SAUCE

Ingredients

- 2 persimmon cubed peeled
- 6 apples cubed peeled (I used granny smith)
- 1 Tsp ground cinnamon
- 0.3 Tsp nutmeg freshly ground
- 1 cup water
- 0.3 cup t brown sugar dark
- 1 Tsp juice of lemon fresh

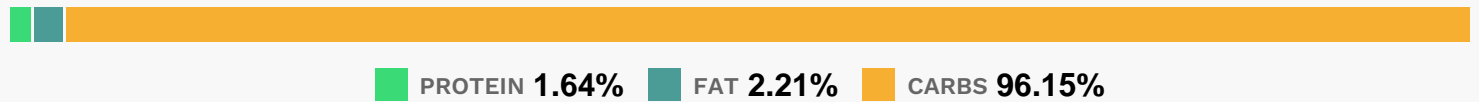
Equipment

- pot
- potato masher

Directions

- Combine all ingredients in a medium pot and bring to a boil.
- Cover and reduce heat to medium low. Simmer for 25–30 minutes.
- Mash apple sauce with a potato masher until its your desired consistency.
- Store in an airtight container in the fridge for up to two weeks.
- Can also be frozen and stored for up to a year.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:24.07, Inflammation Score:-5, Nutrition Score:8.9669565217391%

Flavonoids

Cyanidin: 4.29mg, Cyanidin: 4.29mg, Cyanidin: 4.29mg, Cyanidin: 4.29mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.55mg, Catechin: 3.55mg, Catechin: 3.55mg, Catechin: 3.55mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 20.56mg, Epicatechin: 20.56mg, Epicatechin: 20.56mg, Epicatechin: 20.56mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Quercetin: 10.95mg, Quercetin: 10.95mg, Quercetin: 10.95mg, Quercetin: 10.95mg

Taste

Sweetness: 100%, Saltiness: 3.64%, Sourness: 38.46%, Bitterness: 15.43%, Savoriness: 5.11%, Fattiness: 14.3%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 320.91kcal (16.05%), Fat: 0.86g (1.32%), Saturated Fat: 0.11g (0.72%), Carbohydrates: 84.48g (28.16%), Net Carbohydrates: 77.55g (28.2%), Sugar: 46.26g (51.4%), Cholesterol: 0mg (0%), Sodium: 11.76mg (0.51%), Protein:

1.44g (2.88%), Vitamin C: 68.51mg (83.04%), Fiber: 6.93g (27.72%), Potassium: 581.46mg (16.61%), Iron: 2.62mg (14.54%), Manganese: 0.22mg (11.25%), Calcium: 62.89mg (6.29%), Vitamin B6: 0.12mg (6.06%), Vitamin K: 6.21µg (5.91%), Phosphorus: 53.41mg (5.34%), Copper: 0.1mg (4.78%), Vitamin B2: 0.07mg (4.21%), Magnesium: 16.61mg (4.15%), Vitamin E: 0.51mg (3.39%), Vitamin B1: 0.05mg (3.16%), Vitamin A: 149.55IU (2.99%), Folate: 8.77µg (2.19%), Vitamin B5: 0.19mg (1.95%), Vitamin B3: 0.28mg (1.4%)