

Applesauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



370 kcal

SIDE DISH

Ingredients

- 3 pounds apples cored peeled chopped
- 1 tablespoon juice of lemon
- 3 cups water
- 1 cup sugar white

Equipment

- sauce pan
- blender

Directions

- Place apples in a large saucepan and just barely cover with water. Simmer over medium-low heat until apples are tender, 15 to 20 minutes.
- Run cooked apples through a food mill or blender. Stir in the sugar and lemon juice. Cook over medium heat for about 3 to 5 minutes.

Nutrition Facts

PROTEIN 0.9% **FAT 1.69%** **CARBS 97.41%**

Properties

Glycemic Index:25.52, Glycemic Load:47.32, Inflammation Score:-4, Nutrition Score:5.6295652208121%

Flavonoids

Cyanidin: 5.34mg, Cyanidin: 5.34mg, Cyanidin: 5.34mg, Cyanidin: 5.34mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.42mg, Catechin: 4.42mg, Catechin: 4.42mg, Catechin: 4.42mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 25.62mg, Epicatechin: 25.62mg, Epicatechin: 25.62mg, Epicatechin: 25.62mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Quercetin: 13.66mg, Quercetin: 13.66mg, Quercetin: 13.66mg, Quercetin: 13.66mg

Nutrients (% of daily need)

Calories: 370.23kcal (18.51%), Fat: 0.75g (1.15%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 97.01g (32.34%), Net Carbohydrates: 88.83g (32.3%), Sugar: 85.37g (94.86%), Cholesterol: 0mg (0%), Sodium: 12.81mg (0.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Fiber: 8.18g (32.7%), Vitamin C: 17.1mg (20.73%), Potassium: 368.87mg (10.54%), Vitamin K: 7.48µg (7.13%), Vitamin B6: 0.14mg (7.06%), Copper: 0.12mg (6.22%), Manganese: 0.12mg (6.08%), Vitamin B2: 0.1mg (5.79%), Magnesium: 19.01mg (4.75%), Vitamin E: 0.62mg (4.12%), Vitamin B1: 0.06mg (3.92%), Phosphorus: 37.72mg (3.77%), Vitamin A: 183.93IU (3.68%), Folate: 10.96µg (2.74%), Calcium: 26.46mg (2.65%), Iron: 0.44mg (2.42%), Vitamin B5: 0.21mg (2.12%), Vitamin B3: 0.31mg (1.56%), Zinc: 0.16mg (1.07%)