



Applesauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



427 kcal

SIDE DISH

Ingredients

- ☐ 12 large granny smith apples peeled coarsely chopped
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1.5 cups sugar

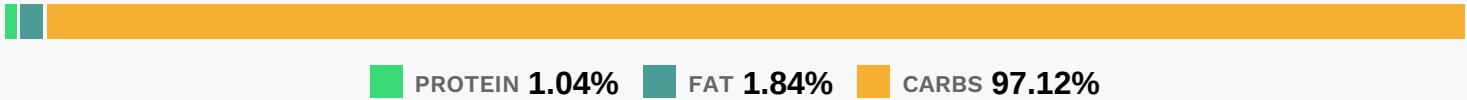
Equipment

- ☐ dutch oven

Directions

☐ Cook all ingredients in a Dutch oven over low heat, stirring often, 10 minutes. (Sugar will dissolve and apples will begin to break down and release juices.) Increase heat to medium, and cook, stirring often, 25 minutes or until thickened. Spoon into hot sterilized jars, and seal. Store in refrigerator up to 1 month.

Nutrition Facts



Properties

Glycemic Index:17.02, Glycemic Load:51.18, Inflammation Score:-5, Nutrition Score:7.3752172692962%

Flavonoids

Cyanidin: 7mg, Cyanidin: 7mg, Cyanidin: 7mg, Cyanidin: 7mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 5.8mg, Catechin: 5.8mg, Catechin: 5.8mg, Catechin: 5.8mg Epigallocatechin: 1.16mg, Epigallocatechin: 1.16mg, Epigallocatechin: 1.16mg, Epigallocatechin: 1.16mg Epicatechin: 33.58mg, Epicatechin: 33.58mg, Epicatechin: 33.58mg, Epicatechin: 33.58mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.85mg, Epigallocatechin 3-gallate: 0.85mg, Epigallocatechin 3-gallate: 0.85mg, Epigallocatechin 3-gallate: 0.85mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Quercetin: 17.92mg, Quercetin: 17.92mg, Quercetin: 17.92mg, Quercetin: 17.92mg

Nutrients (% of daily need)

Calories: 426.66kcal (21.33%), Fat: 0.94g (1.45%), Saturated Fat: 0.13g (0.81%), Carbohydrates: 112.05g (37.35%), Net Carbohydrates: 101.32g (36.84%), Sugar: 96.54g (107.27%), Cholesterol: 0mg (0%), Sodium: 5.06mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.39%), Fiber: 10.73g (42.94%), Vitamin C: 24.45mg (29.64%), Potassium: 488.69mg (13.96%), Vitamin B6: 0.19mg (9.38%), Vitamin K: 9.81µg (9.34%), Manganese: 0.16mg (7.97%), Vitamin B2: 0.13mg (7.47%), Copper: 0.13mg (6.28%), Magnesium: 22.91mg (5.73%), Vitamin E: 0.82mg (5.45%), Vitamin B1: 0.08mg (5.22%), Phosphorus: 49.87mg (4.99%), Vitamin A: 241.45IU (4.83%), Folate: 15.41µg (3.85%), Iron: 0.57mg (3.16%), Vitamin B5: 0.29mg (2.85%), Calcium: 27.87mg (2.79%), Vitamin B3: 0.42mg (2.08%), Zinc: 0.19mg (1.26%)