



Applesauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



85 kcal

SIDE DISH

Ingredients

- ☐ 1.3 lb apples cored peeled cut into fourths and
- ☐ 0.3 cup granulated sugar packed
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon nutmeg
- ☐ 0.5 cup water

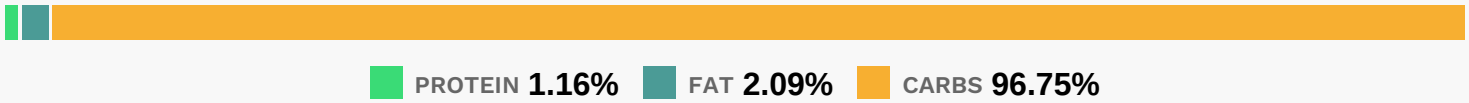
Equipment

- ☐ sauce pan

Directions

- ☐ In 2-quart saucepan, heat apples and water to boiling over medium heat, stirring occasionally; reduce heat. Simmer uncovered 5 to 10 minutes, stirring occasionally to break up apples, until tender.
- ☐ Stir in remaining ingredients.
- ☐ Heat to boiling. Boil and stir 1 minute. Cover and refrigerate until serving. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:29.52, Glycemic Load:9.5, Inflammation Score:-1, Nutrition Score:1.6647826271213%

Flavonoids

Cyanidin: 1.58mg, Cyanidin: 1.58mg, Cyanidin: 1.58mg, Cyanidin: 1.58mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 7.59mg, Epicatechin: 7.59mg, Epicatechin: 7.59mg, Epicatechin: 7.59mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 84.92kcal (4.25%), Fat: 0.21g (0.33%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 22.3g (7.43%), Net Carbohydrates: 19.83g (7.21%), Sugar: 18.81g (20.9%), Cholesterol: 0mg (0%), Sodium: 2.09mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.54%), Fiber: 2.47g (9.89%), Vitamin C: 4.64mg (5.63%), Potassium: 108.53mg (3.1%), Manganese: 0.05mg (2.57%), Vitamin K: 2.24µg (2.14%), Vitamin B6: 0.04mg (2.08%), Vitamin B2: 0.03mg (1.64%), Copper: 0.03mg (1.58%), Magnesium: 5.36mg (1.34%), Vitamin E: 0.18mg (1.22%), Vitamin B1: 0.02mg (1.15%), Phosphorus: 11.23mg (1.12%), Vitamin A: 54.72IU (1.09%)