



Applesauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



674 kcal

SIDE DISH

Ingredients



1 cup apple cider



2 lbs apples cored peeled quartered



1 cinnamon sticks



2 servings kosher salt to taste



2 tablespoons juice of lemon freshly squeezed



4 strips lemon zest



0.3 cup brown sugar light



2 lbs delicious apples cored peeled quartered

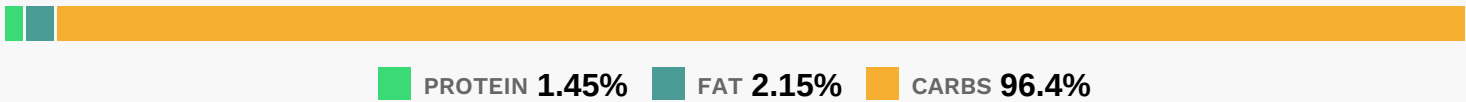
Equipment

- ☐ potato masher
- ☐ dutch oven

Directions

- ☐ Place apples, lemon peel, lemon juice, cinnamon stick, brown sugar, and apple cider in a large dutch oven. Bring to a boil over high heat; reduce heat and simmer until apples are tender, about 25–30 minutes.
- ☐ Remove from heat.
- ☐ Remove and discard lemon peel slices and cinnamon stick. Mash with potato masher to desired consistency. Season with salt to taste and serve or place in an airtight container in the refrigerator for up to two weeks or the the freezer for up to a year.

Nutrition Facts



Properties

Glycemic Index:54.88, Glycemic Load:38.46, Inflammation Score:-8, Nutrition Score:17.330869537333%

Flavonoids

Cyanidin: 14.27mg, Cyanidin: 14.27mg, Cyanidin: 14.27mg, Cyanidin: 14.27mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 13.27mg, Catechin: 13.27mg, Catechin: 13.27mg, Catechin: 13.27mg Epigallocatechin: 2.36mg, Epigallocatechin: 2.36mg, Epigallocatechin: 2.36mg, Epigallocatechin: 2.36mg Epicatechin: 73.87mg, Epicatechin: 73.87mg, Epicatechin: 73.87mg, Epicatechin: 73.87mg Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg Epigallocatechin 3–gallate: 1.72mg, Epigallocatechin 3–gallate: 1.72mg, Epigallocatechin 3–gallate: 1.72mg, Epigallocatechin 3–gallate: 1.72mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 37.12mg, Quercetin: 37.12mg, Quercetin: 37.12mg, Quercetin: 37.12mg

Nutrients (% of daily need)

Calories: 673.91kcal (33.7%), Fat: 1.76g (2.71%), Saturated Fat: 0.29g (1.83%), Carbohydrates: 177.26g (59.09%), Net Carbohydrates: 154.07g (56.02%), Sugar: 141.76g (157.52%), Cholesterol: 0mg (0%), Sodium: 218.29mg (9.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.35%), Fiber: 23.19g (92.78%), Vitamin C: 51.24mg (62.11%), Manganese: 0.74mg (36.81%), Potassium: 1164.87mg (33.28%), Vitamin B6: 0.42mg (21.07%), Vitamin K: 20.5µg (19.53%), Vitamin B2: 0.26mg (15.32%), Copper: 0.29mg (14.33%), Magnesium: 56.81mg (14.2%), Vitamin B1: 0.18mg (12.28%), Calcium: 115.54mg (11.55%), Vitamin E: 1.71mg (11.42%), Phosphorus: 112.08mg (11.21%), Vitamin A: 498.12IU (9.96%), Iron: 1.67mg (9.25%), Folate: 30.95µg (7.74%), Vitamin B5: 0.69mg (6.92%), Vitamin B3: 1mg (4.98%), Zinc: 0.44mg (2.95%)