



Applesauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



55 min.

SERVINGS



3

CALORIES



261 kcal

SIDE DISH

Ingredients

- ☐ 2 strips lemon zest (use a vegetable peeler to strip 4 lengths, zest only, not the pith)
- ☐ 3 tablespoons apple cider vinegar to taste (more or less)
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 cup up of sugar white with brown sugar)
- ☐ 1 cup water
- ☐ 0.5 teaspoon salt

Equipment

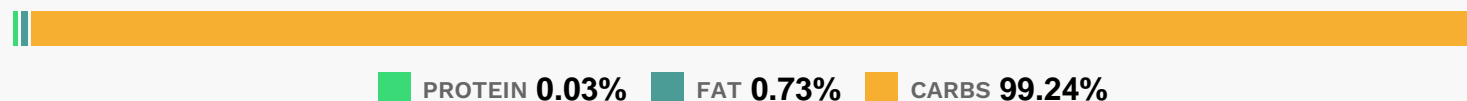
- ☐ bowl

- ☐ pot
- ☐ blender
- ☐ potato masher

Directions

- ☐ Boil peeled, cored, quartered apples with lemon, cinnamon, sugar, salt in 1 cup water:
- ☐ Place the peeled, cored, and quartered apples into a large pot.
- ☐ Add the strips of lemon peel, the lemon juice or vinegar, cinnamon, sugar, water and salt. (You might want to start with half the sugar at this point and add more to taste later.)
- ☐ Bring to a boil on high heat, then lower the temperature, cover the pot, and maintain a low simmer for 15–20 minutes, until the apples are completely tender and cooked through.
- ☐ Remove lemon peels, mash the cooked apples: Once the apples are cooked through, remove the pot from the heat.
- ☐ Remove the lemon peels.
- ☐ Use a potato masher to mash the cooked apples in the pot to make a chunky applesauce. For a smoother applesauce you can either run the cooked apples through a food mill, or purée them using a stick blender or a standing blender. (If you use a standing blender, do small batches and do not fill the blender bowl more than halfway.)
- ☐ If the applesauce is too thick, add more water to thin it out.
- ☐ If not sweet enough, add more sugar to taste. If too sweet, add more lemon juice.
- ☐ This applesauce is delicious either hot or chilled. It pairs well with pork chops for savory dishes, it's terrific with cottage cheese as a snack or light lunch, and it's great with vanilla ice cream or yogurt.
- ☐ Freezes well and will last at least a year in a cold freezer. If you freeze it, make sure to allow enough headroom in your jar for expansion. At least an inch.

Nutrition Facts



Properties

Glycemic Index:38.36, Glycemic Load:46.6, Inflammation Score:1, Nutrition Score:0.54260869405192%

Nutrients (% of daily need)

Calories: 260.95kcal (13.05%), Fat: 0.22g (0.34%), Saturated Fat: 0g (0.01%), Carbohydrates: 66.91g (22.3%), Net Carbohydrates: 66.67g (24.24%), Sugar: 66.63g (74.03%), Cholesterol: 0mg (0%), Sodium: 393.01mg (17.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.05%), Manganese: 0.1mg (4.96%), Vitamin C: 0.87mg (1.06%), Copper: 0.02mg (1.03%)