



Applesauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



35 min.

SERVINGS



3

CALORIES



572 kcal

SIDE DISH

Ingredients

- ☐ 3 lbs apples. good cored peeled quartered (Make sure you use a cooking apple like Golden Delicious, Jonagold, Granny Smith, Fuji, Jonathan, McIntosh, or Gravenstein.)
- ☐ 3 inches cinnamon sticks
- ☐ 0.3 cup brown sugar dark
- ☐ 3 juice of lemon
- ☐ 4 strips lemon peel – use a vegetable peeler to strip 4 lengths
- ☐ 0.5 teaspoon salt
- ☐ 1 cup up of sugar white
- ☐ 1 cup water

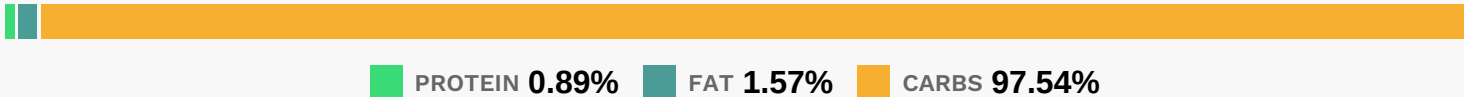
Equipment

- ☐ pot
- ☐ potato masher

Directions

- ☐ Put all ingredients into a large pot. Cover. Bring to boil. Lower heat and simmer for 20–30 minutes.2
- ☐ Remove from heat.
- ☐ Remove cinnamon sticks and lemon peels. Mash with potato masher. Ready to serve, either hot or refrigerated. Delicious with vanilla ice cream or vanilla yogurt.Freezes easily, lasts up to one year in a cold freezer.

Nutrition Facts



Properties

Glycemic Index:35.7, Glycemic Load:63.1, Inflammation Score:-5, Nutrition Score:9.1560871238294%

Flavonoids

Cyanidin: 7.12mg, Cyanidin: 7.12mg, Cyanidin: 7.12mg, Cyanidin: 7.12mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 5.9mg, Catechin: 5.9mg, Catechin: 5.9mg, Catechin: 5.9mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 34.16mg, Epicatechin: 34.16mg, Epicatechin: 34.16mg, Epicatechin: 34.16mg Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg Epigallocatechin 3–gallate: 0.86mg, Epigallocatechin 3–gallate: 0.86mg, Epigallocatechin 3–gallate: 0.86mg, Epigallocatechin 3–gallate: 0.86mg Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 18.3mg, Quercetin: 18.3mg, Quercetin: 18.3mg, Quercetin: 18.3mg

Nutrients (% of daily need)

Calories: 571.9kcal (28.59%), Fat: 1.07g (1.65%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 150.07g (50.02%), Net Carbohydrates: 138.42g (50.34%), Sugar: 132.32g (147.03%), Cholesterol: 0mg (0%), Sodium: 402.34mg

(17.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.73%), Fiber: 11.65g (46.59%), Vitamin C: 34.23mg (41.49%), Manganese: 0.35mg (17.62%), Potassium: 548.48mg (15.67%), Vitamin B6: 0.21mg (10.56%), Vitamin K: 10.29µg (9.8%), Vitamin B2: 0.14mg (8.03%), Copper: 0.16mg (7.9%), Magnesium: 27.73mg (6.93%), Calcium: 59.31mg (5.93%), Vitamin E: 0.89mg (5.92%), Vitamin B1: 0.09mg (5.69%), Phosphorus: 53.83mg (5.38%), Vitamin A: 250.36IU (5.01%), Folate: 20.02µg (5.01%), Iron: 0.83mg (4.61%), Vitamin B5: 0.35mg (3.48%), Vitamin B3: 0.48mg (2.39%), Zinc: 0.24mg (1.59%)