



Applesauce with Butter Pecan Crumbs

 Vegetarian

READY IN



10 min.

SERVINGS



1

CALORIES



340 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup bottled chunky applesauce
- ☐ 1 serving garnish: lightly whipped cream sweetened
- ☐ 1 tablespoon pecans finely chopped
- ☐ 1 tablespoon butter unsalted
- ☐ 1 slice sandwich bread white with crust, coarsely ground in a food processor (1/2 cup) firm

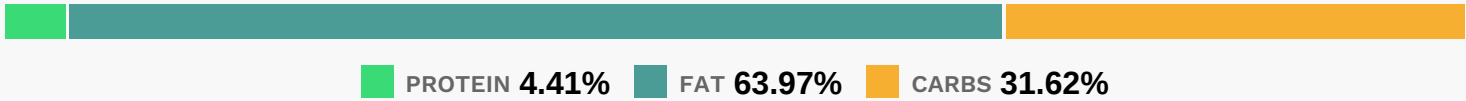
Equipment

- ☐ frying pan

Directions

- ☐ Heat butter in an 8-inch heavy skillet over moderate heat until foam subsides, then cook nuts and bread crumbs with a pinch of salt, stirring constantly, until golden, 2 to 3 minutes.
- ☐ Spoon applesauce into a goblet or other glass, then sprinkle with crumb mixture.

Nutrition Facts



Properties

Glycemic Index:84.78, Glycemic Load:8.81, Inflammation Score:-5, Nutrition Score:7.1943478856398%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 6.68mg, Epicatechin: 6.68mg, Epicatechin: 6.68mg, Epicatechin: 6.68mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 339.97kcal (17%), Fat: 25.12g (38.65%), Saturated Fat: 11.47g (71.72%), Carbohydrates: 27.93g (9.31%), Net Carbohydrates: 25.06g (9.11%), Sugar: 14.28g (15.86%), Cholesterol: 50.65mg (16.88%), Sodium: 128.93mg (5.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.8%), Manganese: 0.63mg (31.45%), Vitamin B1: 0.23mg (15.01%), Vitamin A: 608.59IU (12.17%), Fiber: 2.88g (11.51%), Selenium: 6.69µg (9.55%), Copper: 0.19mg (9.31%), Folate: 34.03µg (8.51%), Calcium: 78.49mg (7.85%), Iron: 1.38mg (7.65%), Vitamin B3: 1.42mg (7.08%), Vitamin B2: 0.11mg (6.73%), Phosphorus: 65.41mg (6.54%), Magnesium: 22.79mg (5.7%), Zinc: 0.72mg (4.81%), Vitamin E: 0.71mg (4.77%), Potassium: 163.89mg (4.68%), Vitamin B6: 0.08mg (3.87%), Vitamin B5: 0.29mg (2.86%), Vitamin K: 1.99µg (1.9%), Vitamin C: 1.42mg (1.72%), Vitamin D: 0.21µg (1.4%)