



Applesauce with Dried Cranberries



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



389 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup sparkling apple cider
- ☐ 2.3 pounds mcintosh apples-peeled cored quartered
- ☐ 0.5 cup cranberries dried
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 3 inch lemon zest
- ☐ 0.5 cup sugar

Equipment

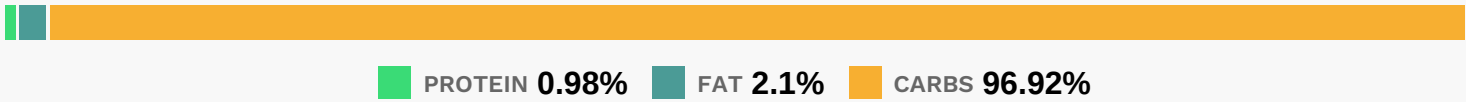
- ☐ bowl

☐ sauce pan

Directions

- ☐ In a large saucepan, bring the apples, lemon juice and zest, sugar, sparkling cider and cranberries to a boil. Cover and simmer over moderately low heat until the apples soften, 20 minutes; stir to break up the apples slightly.
- ☐ Transfer to a bowl; discard the lemon zest.
- ☐ Serve warm or at room temperature.
- ☐ Make Ahead: The applesauce can be refrigerated for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:47.61, Glycemic Load:37.46, Inflammation Score:-4, Nutrition Score:6.9347827045814%

Flavonoids

Cyanidin: 5.47mg, Cyanidin: 5.47mg, Cyanidin: 5.47mg, Cyanidin: 5.47mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 27.47mg, Epicatechin: 27.47mg, Epicatechin: 27.47mg, Epicatechin: 27.47mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 14.82mg, Quercetin: 14.82mg, Quercetin: 14.82mg, Quercetin: 14.82mg

Nutrients (% of daily need)

Calories: 388.94kcal (19.45%), Fat: 0.99g (1.52%), Saturated Fat: 0.13g (0.79%), Carbohydrates: 102.42g (34.14%), Net Carbohydrates: 92.8g (33.75%), Sugar: 87.46g (97.17%), Cholesterol: 0mg (0%), Sodium: 6.57mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.06%), Fiber: 9.61g (38.45%), Vitamin C: 23.19mg (28.11%), Potassium: 428.66mg (12.25%), Manganese: 0.2mg (10.21%), Vitamin K: 9.02µg (8.59%), Vitamin B6: 0.16mg (8.16%), Vitamin E: 1.06mg (7.08%), Vitamin B2: 0.11mg (6.51%), Copper: 0.12mg (5.78%), Magnesium:

20.77mg (5.19%), Vitamin B1: 0.07mg (4.84%), Phosphorus: 42.9mg (4.29%), Vitamin A: 185.97IU (3.72%), Iron: 0.58mg (3.22%), Folate: 12.54µg (3.13%), Calcium: 29.71mg (2.97%), Vitamin B5: 0.29mg (2.92%), Vitamin B3: 0.47mg (2.34%), Zinc: 0.18mg (1.19%)