



WHATSheATE



Brown Butter and Cinnamon Applesauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



873 kcal

SIDE DISH

Ingredients

- ☐ 1 cup apple cider
- ☐ 2 pounds apples cored peeled quartered
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 servings kosher salt to taste
- ☐ 2 teaspoons juice of lemon freshly squeezed
- ☐ 0.3 cup brown sugar light
- ☐ 0.1 teaspoon nutmeg
- ☐ 2 pounds delicious apples cored peeled quartered

☐ 0.3 cup butter unsalted

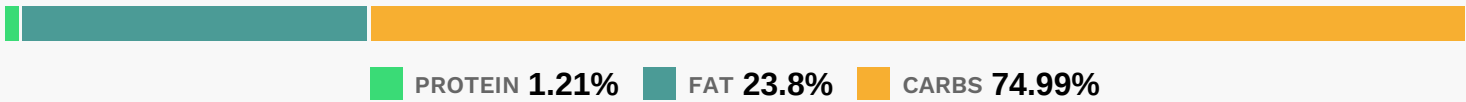
Equipment

- ☐ sauce pan
- ☐ potato masher
- ☐ dutch oven

Directions

- ☐ Place apples, cider, brown sugar, lemon juice, cinnamon, and nutmeg 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. Mash with potato masher to desired consistency.
- ☐ Melt butter in a small saucepan over medium heat. Continue cooking until butter turns light golden brown.
- ☐ Stir butter into applesauce. Season with salt to taste.
- ☐ Let cool slightly then 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:89.88, Glycemic Load:38.47, Inflammation Score:-8, Nutrition Score:17.59739126589%

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: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 1.09mg, 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: 37.08mg, Quercetin: 37.08mg, Quercetin: 37.08mg, Quercetin: 37.08mg

Nutrients (% of daily need)

Calories: 873.02kcal (43.65%), Fat: 24.78g (38.12%), Saturated Fat: 14.89g (93.08%), Carbohydrates: 175.73g (58.58%), Net Carbohydrates: 153.14g (55.69%), Sugar: 141.47g (157.18%), Cholesterol: 61.01mg (20.34%), Sodium: 221.14mg (9.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.65%), Fiber: 22.58g (90.32%), Vitamin C: 44.77mg (54.27%), Potassium: 1155.38mg (33.01%), Manganese: 0.61mg (30.44%), Vitamin A: 1203.53IU (24.07%), Vitamin K: 22.26µg (21.2%), Vitamin B6: 0.41mg (20.66%), Vitamin B2: 0.27mg (15.69%), Vitamin E: 2.33mg (15.56%), Copper: 0.29mg (14.32%), Magnesium: 56.26mg (14.07%), Vitamin B1: 0.18mg (12.15%), Phosphorus: 117.63mg (11.76%), Calcium: 111.78mg (11.18%), Iron: 1.59mg (8.83%), Folate: 29.59µg (7.4%), Vitamin B5: 0.7mg (7.01%), Vitamin B3: 0.98mg (4.92%), Zinc: 0.45mg (2.98%), Vitamin D: 0.43µg (2.84%), Selenium: 0.88µg (1.26%)