



Brown Sugar Applesauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



146 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds cooking apples cored peeled sliced
- ☐ 0.5 cup brown sugar packed
- ☐ 1 teaspoon cinnamon
- ☐ 8 servings garnish: cinnamon
- ☐ 1.5 t juice of lemon

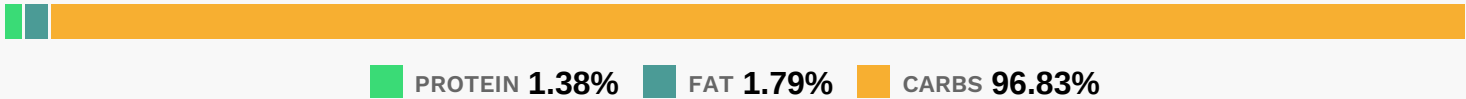
Equipment

- ☐ potato masher
- ☐ slow cooker

Directions

- ☐ Combine all ingredients in a slow cooker. Cover and cook on high setting for 3 hours.
- ☐ Stir occasionally; mash with a potato masher to desired consistency.
- ☐ Sprinkle portions with cinnamon.

Nutrition Facts



Properties

Glycemic Index:5.25, Glycemic Load:6.24, Inflammation Score:-2, Nutrition Score:4.2295652459497%

Flavonoids

Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 12.81mg, Epicatechin: 12.81mg, Epicatechin: 12.81mg, Epicatechin: 12.81mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg

Nutrients (% of daily need)

Calories: 146.46kcal (7.32%), Fat: 0.32g (0.49%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 38.84g (12.95%), Net Carbohydrates: 33.56g (12.2%), Sugar: 31.1g (34.56%), Cholesterol: 0mg (0%), Sodium: 5.79mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.1%), Manganese: 0.46mg (23.07%), Fiber: 5.28g (21.12%), Vitamin C: 8.27mg (10.03%), Potassium: 210.95mg (6.03%), Calcium: 44.22mg (4.42%), Vitamin K: 4.44µg (4.23%), Vitamin B6: 0.08mg (3.97%), Copper: 0.06mg (3.01%), Magnesium: 11.15mg (2.79%), Iron: 0.49mg (2.72%), Vitamin B2: 0.05mg (2.66%), Vitamin E: 0.36mg (2.4%), Phosphorus: 20.78mg (2.08%), Vitamin B1: 0.03mg (1.98%), Vitamin A: 98.55IU (1.97%), Folate: 5.56µg (1.39%), Vitamin B5: 0.13mg (1.31%)