



Candied Applesauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



13

CALORIES



98 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup apple juice
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 2.5 pounds granny smith apples cored peeled quartered (8)
- ☐ 1 teaspoon juice of lemon
- ☐ 0.7 cup cinnamon decorator candies

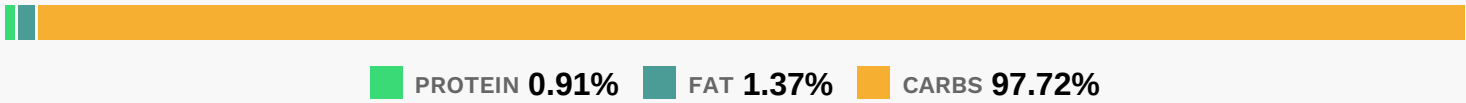
Equipment

- ☐ microwave
- ☐ slow cooker

Directions

- ☐ Combine candies and apple juice in a 2- cup glass measure. Microwave at HIGH 5 minutes, stirring after 2 1/2 minutes. Stir mixture until candies melt.
- ☐ Pour into a 4-quart electric slow cooker; stir in sugar and lemon juice.
- ☐ Add apples, stirring to coat. Cover with lid; cook on low heat-setting 8 hours or until very tender. Stir well.
- ☐ Serve warm or chilled.

Nutrition Facts



Properties

Glycemic Index:5.6, Glycemic Load:3.61, Inflammation Score:-1, Nutrition Score:1.5078260717185%

Flavonoids

Cyanidin: 1.37mg, Cyanidin: 1.37mg, Cyanidin: 1.37mg, Cyanidin: 1.37mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.25mg, Catechin: 1.25mg, Catechin: 1.25mg, Catechin: 1.25mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 7.02mg, Epicatechin: 7.02mg, Epicatechin: 7.02mg, Epicatechin: 7.02mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 98.49kcal (4.92%), Fat: 0.16g (0.25%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 25.98g (8.66%), Net Carbohydrates: 23.87g (8.68%), Sugar: 21.7g (24.12%), Cholesterol: 0mg (0%), Sodium: 2.44mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.49%), Fiber: 2.11g (8.45%), Vitamin C: 4.25mg (5.15%), Potassium: 108.99mg (3.11%), Manganese: 0.04mg (2.02%), Vitamin B6: 0.04mg (1.97%), Vitamin K: 1.92µg (1.83%), Vitamin B2: 0.02mg (1.43%), Copper: 0.03mg (1.34%), Magnesium: 5.24mg (1.31%), Vitamin B1: 0.02mg (1.13%), Vitamin E: 0.16mg (1.06%), Phosphorus: 10.46mg (1.05%)