



Chunky Apple and Raisin Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



92 kcal

SIDE DISH

Ingredients

- 1 apples crisp cut into a 1/4- to 1/2-inch dice (such as Braeburn, Gala, or Granny Smith)
- 0.5 cup apple cider
- 0.3 teaspoon pepper black
- 0.3 cup golden raisins
- 0.3 teaspoon kosher salt
- 0.3 cup chicken broth low-sodium
- 1 tablespoon butter unsalted

Equipment

frying pan

sauce pan

Directions

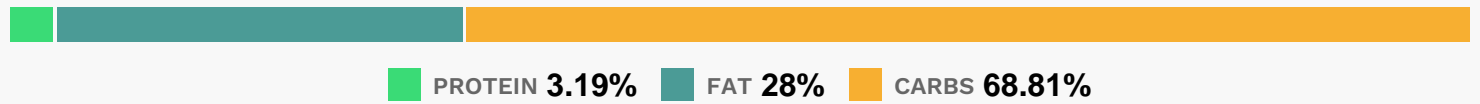
Melt the butter in a large skillet or saucepan over medium-high heat.

Add the apple and cook until slightly softened, about 2 minutes.

Add the cider or juice, broth, raisins, salt, and pepper. Bring to a gentle simmer. Cook until the apple has softened, about 3 minutes.

Pour or spoon the sauce over cooked meat. Good for: Pork

Nutrition Facts



Properties

Glycemic Index:40.35, Glycemic Load:6.89, Inflammation Score:-1, Nutrition Score:1.8930434843768%

Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 4.82mg, Epicatechin: 4.82mg, Epicatechin: 4.82mg, Epicatechin: 4.82mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 92.37kcal (4.62%), Fat: 3.09g (4.75%), Saturated Fat: 1.86g (11.62%), Carbohydrates: 17.08g (5.69%), Net Carbohydrates: 15.53g (5.65%), Sugar: 12.96g (14.4%), Cholesterol: 7.53mg (2.51%), Sodium: 152.9mg (6.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.59%), Fiber: 1.55g (6.18%), Potassium: 161.3mg (4.61%), Manganese: 0.08mg (4.11%), Vitamin C: 2.65mg (3.21%), Copper: 0.06mg (2.93%), Vitamin B6: 0.06mg (2.76%), Vitamin B2: 0.04mg (2.35%), Phosphorus: 22.95mg (2.3%), Vitamin A: 113.01IU (2.26%), Vitamin B3: 0.37mg (1.86%), Magnesium: 7.36mg (1.84%), Vitamin K: 1.77µg (1.68%), Iron: 0.3mg (1.65%), Calcium: 11.97mg (1.2%), Vitamin E: 0.18mg (1.19%)