

## Chunky Applesauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



119 kcal

SIDE DISH

### Ingredients

- ☐ 2 pounds mcintosh apples cut into 1/2-inch slices
- ☐ 6 sticks cinnamon (3-inch)
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 4 pounds golden delicious apples peeled cut into 1/2-inch slices
- ☐ 0.3 cup sugar
- ☐ 0.5 cup water

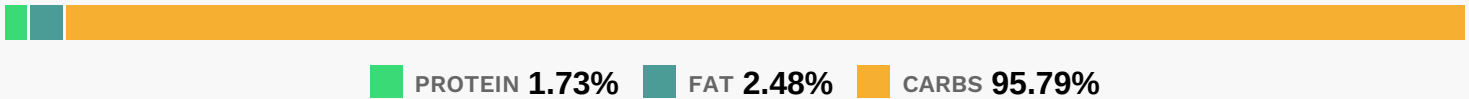
### Equipment

- ☐ slow cooker

# Directions

- ☐ Coat a 5-quart electric slow cooker with cooking spray.
- ☐ Combine apples, next 4 ingredients (through juice), and butter, if desired, in slow cooker. Cover and cook on LOW for 6 hours. Stir until desired consistency.
- ☐ Serve warm or chilled.
- ☐ Ingredient Tip: For chunkier applesauce, do not mash the mixture after cooking.

## Nutrition Facts



## Properties

Glycemic Index:9.94, Glycemic Load:9.61, Inflammation Score:-3, Nutrition Score:4.0260870135997%

## Flavonoids

Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 14.64mg, Epicatechin: 14.64mg, Epicatechin: 14.64mg, Epicatechin: 14.64mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg

## Nutrients (% of daily need)

Calories: 119.01kcal (5.95%), Fat: 0.37g (0.56%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 31.74g (10.58%), Net Carbohydrates: 26.27g (9.55%), Sugar: 23.87g (26.52%), Cholesterol: 0mg (0%), Sodium: 2.57mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.15%), Fiber: 5.47g (21.87%), Manganese: 0.33mg (16.52%), Vitamin C: 9.83mg (11.91%), Potassium: 216.75mg (6.19%), Vitamin K: 4.74µg (4.52%), Vitamin B6: 0.08mg (4.15%), Vitamin B2: 0.05mg (3.07%), Copper: 0.06mg (2.98%), Calcium: 27.11mg (2.71%), Magnesium: 10.83mg (2.71%), Vitamin E: 0.39mg (2.59%), Vitamin B1: 0.03mg (2.26%), Phosphorus: 22.52mg (2.25%), Vitamin A: 109.53IU (2.19%), Iron: 0.36mg (2.01%), Folate: 6.35µg (1.59%), Vitamin B5: 0.13mg (1.27%)