



Chunky Chai Applesauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



115 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup apple cider
- ☐ 1 cup brown sugar packed
- ☐ 1 Dash ground cloves
- ☐ 2 pounds granny smith apples cored peeled chopped
- ☐ 0.1 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground ginger
- ☐ 0.1 teaspoon ground nutmeg

- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 1 Dash pepper black freshly ground

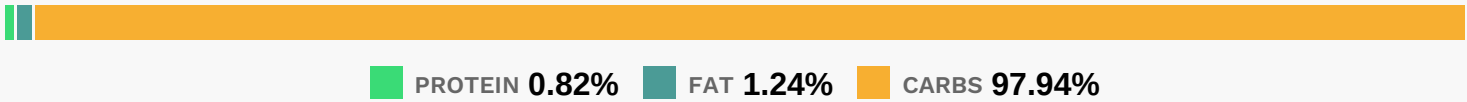
Equipment

- ☐ sauce pan

Directions

- ☐ Combine cider and apples in a large saucepan; bring to a boil over medium-high heat. Cover, reduce heat, and simmer 20 minutes or until apples are tender, stirring occasionally. Stir in sugar and remaining ingredients; simmer 12 minutes, stirring occasionally until mixture is thick. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:15.4, Glycemic Load:3.21, Inflammation Score:-1, Nutrition Score:1.7860869557961%

Flavonoids

Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 6.16mg, Epicatechin: 6.16mg, Epicatechin: 6.16mg, Epicatechin: 6.16mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 114.61kcal (5.73%), Fat: 0.17g (0.26%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 29.82g (9.94%), Net Carbohydrates: 27.9g (10.14%), Sugar: 26.65g (29.61%), Cholesterol: 0mg (0%), Sodium: 6.55mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.5%), Fiber: 1.93g (7.71%), Manganese: 0.12mg (6.24%), Vitamin C: 4.3mg (5.21%), Potassium: 119.04mg (3.4%), Calcium: 22.19mg (2.22%), Vitamin B6: 0.04mg (2.09%), Vitamin K:

1.82µg (1.73%), Magnesium: 6.44mg (1.61%), Copper: 0.03mg (1.58%), Iron: 0.26mg (1.44%), Vitamin B2: 0.02mg (1.29%), Vitamin B1: 0.02mg (1.04%), Phosphorus: 10.16mg (1.02%)