



Chunky Cranberry Applesauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



7

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 1 cup cranberries fresh
- ☐ 5 gala apples cubed peeled
- ☐ 1 teaspoon orange rind grated
- ☐ 0.3 cup sugar
- ☐ 0.5 cup water

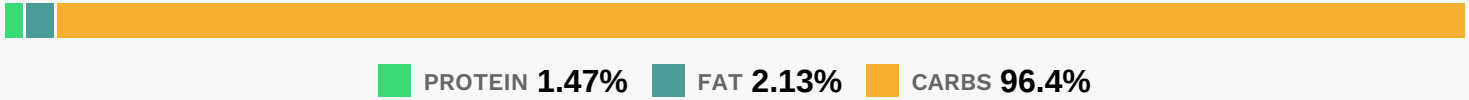
Equipment

- ☐ potato masher
- ☐ dutch oven

Directions

- ☐ Combine first 3 ingredients in a Dutch oven. Bring to a boil; cover, reduce heat, and simmer 25 minutes or until apples are tender, stirring occasionally.
- ☐ Stir in sugar and orange rind.
- ☐ Remove from heat; mash fruit mixture with a potato masher until chunky.

Nutrition Facts



Properties

Glycemic Index:21.01, Glycemic Load:10.27, Inflammation Score:-2, Nutrition Score:2.61478262751%

Flavonoids

Cyanidin: 8.67mg, Cyanidin: 8.67mg, Cyanidin: 8.67mg, Cyanidin: 8.67mg Delphinidin: 1.1mg, Delphinidin: 1.1mg, Delphinidin: 1.1mg, Delphinidin: 1.1mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 7.05mg, Peonidin: 7.05mg, Peonidin: 7.05mg, Peonidin: 7.05mg Catechin: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 10.41mg, Epicatechin: 10.41mg, Epicatechin: 10.41mg, Epicatechin: 10.41mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg Quercetin: 7.33mg, Quercetin: 7.33mg, Quercetin: 7.33mg, Quercetin: 7.33mg

Nutrients (% of daily need)

Calories: 101.95kcal (5.1%), Fat: 0.26g (0.4%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 26.84g (8.95%), Net Carbohydrates: 23.18g (8.43%), Sugar: 21.26g (23.62%), Cholesterol: 0mg (0%), Sodium: 2.51mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.82%), Fiber: 3.66g (14.66%), Vitamin C: 8.37mg (10.14%), Manganese: 0.1mg (4.86%), Potassium: 151.28mg (4.32%), Vitamin K: 3.57µg (3.4%), Vitamin B6: 0.06mg (3.1%), Vitamin E: 0.42mg (2.82%), Copper: 0.05mg (2.33%), Vitamin B2: 0.04mg (2.25%), Magnesium: 7.59mg (1.9%), Vitamin B1: 0.02mg (1.61%), Vitamin A: 79.97IU (1.6%), Phosphorus: 15.93mg (1.59%), Vitamin B5: 0.12mg (1.23%), Iron: 0.19mg (1.08%), Folate: 4.13µg (1.03%)