



Chunky Raspberry Applesauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



266 kcal

SIDE DISH

Ingredients

- 4 apples cored peeled quartered
- 0.3 teaspoon ground cinnamon
- 0.8 cup raspberry blend juice
- 6 tablespoons smucker's® raspberry preserves red

Equipment

- bowl
- sauce pan
- hand mixer

microwave

Directions

In a medium saucepan, combine apples, raspberry juice, and cinnamon. Bring to a boil. Reduce heat; cover and simmer 20 minutes, stirring occasionally, until apples are tender when pierced with a fork. Melt preserves in a small saucepan or microwave in a small bowl. Strain to remove seeds; set aside. With electric mixer, beat apple mixture lightly to form a chunky sauce. Stir in preserves.

Serve warm, or cover and refrigerate until serving time.

Nutrition Facts

PROTEIN 1.21% **FAT 1.68%** **CARBS 97.11%**

Properties

Glycemic Index:44.25, Glycemic Load:26.58, Inflammation Score:-3, Nutrition Score:5.1626086623772%

Flavonoids

Cyanidin: 3.82mg, Cyanidin: 3.82mg, Cyanidin: 3.82mg, Cyanidin: 3.82mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.93mg, Catechin: 3.93mg, Catechin: 3.93mg, Catechin: 3.93mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 21.19mg, Epicatechin: 21.19mg, Epicatechin: 21.19mg, Epicatechin: 21.19mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.09mg, Quercetin: 10.09mg, Quercetin: 10.09mg, Quercetin: 10.09mg

Nutrients (% of daily need)

Calories: 266.32kcal (13.32%), Fat: 0.52g (0.8%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 68.19g (22.73%), Net Carbohydrates: 61.71g (22.44%), Sugar: 50.61g (56.23%), Cholesterol: 0mg (0%), Sodium: 17.72mg (0.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.7%), Fiber: 6.48g (25.91%), Vitamin C: 15.25mg (18.48%), Potassium: 353.79mg (10.11%), Manganese: 0.18mg (8.8%), Vitamin B2: 0.1mg (6.12%), Vitamin B6: 0.12mg (5.95%), Copper: 0.11mg (5.68%), Vitamin K: 5.39µg (5.13%), Magnesium: 16.93mg (4.23%), Vitamin B1: 0.06mg (4.05%), Phosphorus: 38.74mg (3.87%), Vitamin E: 0.49mg (3.3%), Iron: 0.58mg (3.2%), Folate: 11.69µg (2.92%), Calcium: 29.19mg (2.92%), Vitamin A: 132.15IU (2.64%), Vitamin B5: 0.19mg (1.87%), Vitamin B3: 0.28mg (1.41%), Selenium: 0.87µg (1.24%)