



Chunky Spiced Applesauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



145 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds apples cubed peeled
- ☐ 2 cups cranberries fresh
- ☐ 1 pinch nutmeg fresh grated
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 optional: lemon
- ☐ 0.5 cup maple syrup
- ☐ 1 cup sugar
- ☐ 0.3 cup water

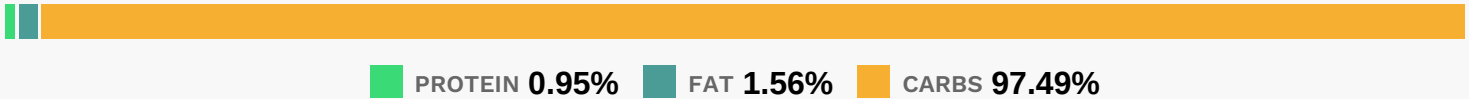
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ potato masher
- ☐ dutch oven

Directions

- ☐ Place apple in a large bowl; cover with cold water. Squeeze juice from lemon half into bowl; place lemon half in bowl. Set aside.
- ☐ Combine cranberries and remaining ingredients in a Dutch oven; bring to a boil, stirring occasionally. Cook 3 minutes or until cranberries pop.
- ☐ Drain apple; discard lemon.
- ☐ Add apple to pan. Cover, reduce heat, and simmer 25 minutes or until apple is soft. Uncover, bring to a boil, and cook 15 minutes. Mash apple mixture with a potato masher.
- ☐ Pour into serving dish; cover and chill at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:20.29, Glycemic Load:16.97, Inflammation Score:-2, Nutrition Score:3.4152173497107%

Flavonoids

Cyanidin: 8.16mg, Cyanidin: 8.16mg, Cyanidin: 8.16mg, Cyanidin: 8.16mg 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: 7.04mg, Peonidin: 7.04mg, Peonidin: 7.04mg, Peonidin: 7.04mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 7.94mg, Epicatechin: 7.94mg, Epicatechin: 7.94mg, Epicatechin: 7.94mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg

0.82mg Hesperetin: 1.08mg, Hesperetin: 1.08mg, Hesperetin: 1.08mg, Hesperetin: 1.08mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg

Nutrients (% of daily need)

Calories: 144.83kcal (7.24%), Fat: 0.27g (0.41%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 37.56g (12.52%), Net Carbohydrates: 34.55g (12.56%), Sugar: 31.98g (35.54%), Cholesterol: 0mg (0%), Sodium: 2.81mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.74%), Manganese: 0.37mg (18.31%), Fiber: 3.01g (12.03%), Vitamin B2: 0.18mg (10.45%), Vitamin C: 8.52mg (10.33%), Potassium: 147.47mg (4.21%), Vitamin K: 2.87µg (2.74%), Vitamin B6: 0.05mg (2.57%), Vitamin E: 0.37mg (2.47%), Magnesium: 8.67mg (2.17%), Calcium: 21.67mg (2.17%), Copper: 0.04mg (1.93%), Vitamin B1: 0.03mg (1.84%), Phosphorus: 13.08mg (1.31%), Vitamin A: 62.19IU (1.24%), Iron: 0.2mg (1.11%), Vitamin B5: 0.11mg (1.09%)