



Cinnamon-Maple Applesauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



174 kcal

SIDE DISH

Ingredients

- ☐ 8 cups apples peeled chopped 8 medium apples
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 1 cup maple syrup
- ☐ 0.5 cup water

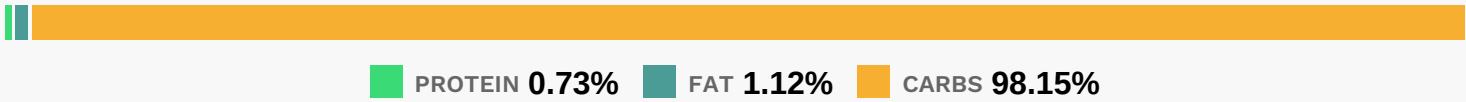
Equipment

- ☐ potato masher
- ☐ dutch oven

Directions

- ☐ Combine syrup and 1/2 cup water in a Dutch oven; bring to a boil.
- ☐ Add apple, cinnamon, and nutmeg; cover and cook over medium-low heat 25 minutes or until tender. Mash apples with a potato masher. Cook, uncovered, 20 minutes or until most of liquid evaporates.
- ☐ Serve warm or chilled.

Nutrition Facts



Properties

Glycemic Index:17.94, Glycemic Load:14.47, Inflammation Score:-2, Nutrition Score:5.9452173895324%

Flavonoids

Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 9.41mg, Epicatechin: 9.41mg, Epicatechin: 9.41mg, Epicatechin: 9.41mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg

Nutrients (% of daily need)

Calories: 174.15kcal (8.71%), Fat: 0.23g (0.35%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 44.49g (14.83%), Net Carbohydrates: 41.41g (15.06%), Sugar: 37.13g (41.25%), Cholesterol: 0mg (0%), Sodium: 5.63mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.66%), Manganese: 0.99mg (49.61%), Vitamin B2: 0.54mg (31.98%), Fiber: 3.07g (12.29%), Vitamin C: 5.76mg (6.98%), Potassium: 224.96mg (6.43%), Calcium: 53.13mg (5.31%), Magnesium: 14.98mg (3.75%), Vitamin B1: 0.05mg (3.2%), Vitamin K: 2.79µg (2.66%), Vitamin B6: 0.05mg (2.57%), Zinc: 0.34mg (2.24%), Copper: 0.04mg (1.84%), Vitamin E: 0.23mg (1.52%), Phosphorus: 13.9mg (1.39%), Vitamin A: 67.9IU (1.36%), Iron: 0.21mg (1.14%)