



Cranberry Applesauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



3

CALORIES



460 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds granny smith apples good cored peeled roughly chopped (or other cooking apple such as Golden Delicious, Fuji, Jonathan, McIntosh, or Gravenstein)
- ☐ 1.5 cups cranberries fresh
- ☐ 2 Tbsp juice of lemon
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup brown sugar
- ☐ 0.5 cup sugar white
- ☐ 1 cup water
- ☐ 0.5 teaspoon salt

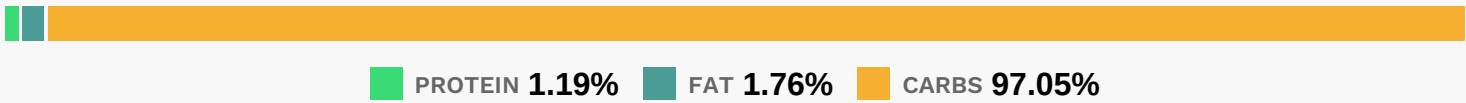
Equipment

- ☐ pot
- ☐ potato masher

Directions

- ☐ Simmer all ingredients together:
- ☐ Place all of the ingredients in a large (5-quart) pot. Bring to a boil, lower heat to a simmer and cover. Cook 20–30 minutes, or until the apples can easily be mashed.
- ☐ Remove from heat. Mash the apples and cranberries with a potato masher to the consistency you want.
- ☐ Serve hot as a side to pork or turkey. Or serve hot or cold as a dessert with some vanilla ice cream.
- ☐ Store in the refrigerator for a couple of weeks. Or freeze for up to a year.

Nutrition Facts



Properties

Glycemic Index:50.7, Glycemic Load:41.71, Inflammation Score:-6, Nutrition Score:9.7691303724828%

Flavonoids

Cyanidin: 30.34mg, Cyanidin: 30.34mg, Cyanidin: 30.34mg, Cyanidin: 30.34mg Delphinidin: 3.84mg, Delphinidin: 3.84mg, Delphinidin: 3.84mg, Delphinidin: 3.84mg Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 24.67mg, Peonidin: 24.67mg, Peonidin: 24.67mg, Peonidin: 24.67mg Catechin: 6.09mg, Catechin: 6.09mg, Catechin: 6.09mg, Catechin: 6.09mg Epigallocatechin: 1.55mg, Epigallocatechin: 1.55mg, Epigallocatechin: 1.55mg, Epigallocatechin: 1.55mg Epicatechin: 36.34mg, Epicatechin: 36.34mg, Epicatechin: 36.34mg, Epicatechin: 36.34mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 1.35mg, Epigallocatechin 3-gallate: 1.35mg, Epigallocatechin 3-gallate: 1.35mg, Epigallocatechin 3-gallate: 1.35mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin:

3.32mg, Myricetin: 3.32mg, Myricetin: 3.32mg, Myricetin: 3.32mg Quercetin: 25.65mg, Quercetin: 25.65mg, Quercetin: 25.65mg, Quercetin: 25.65mg

Nutrients (% of daily need)

Calories: 459.89kcal (22.99%), Fat: 0.97g (1.49%), Saturated Fat: 0.14g (0.85%), Carbohydrates: 120.74g (40.25%), Net Carbohydrates: 107.85g (39.22%), Sugar: 100.62g (111.8%), Cholesterol: 0mg (0%), Sodium: 402.66mg (17.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Fiber: 12.89g (51.57%), Vitamin C: 31.75mg (38.48%), Manganese: 0.41mg (20.61%), Potassium: 562.21mg (16.06%), Vitamin K: 12.58µg (11.98%), Vitamin B6: 0.23mg (11.36%), Vitamin E: 1.5mg (9.99%), Copper: 0.18mg (8.85%), Vitamin B2: 0.14mg (7.99%), Magnesium: 28.93mg (7.23%), Phosphorus: 57.14mg (5.71%), Vitamin B1: 0.09mg (5.71%), Vitamin A: 276.52IU (5.53%), Calcium: 53.31mg (5.33%), Iron: 0.85mg (4.7%), Vitamin B5: 0.46mg (4.63%), Folate: 16.31µg (4.08%), Vitamin B3: 0.5mg (2.48%), Zinc: 0.26mg (1.7%)