
 **9%**  
HEALTH SCORE

# Crockpot Applesauce


 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN




**45 min.**

SERVINGS



**3**

CALORIES



**412 kcal**

ANTIPASTI   STARTER   SNACK   APPETIZER

## Ingredients

- 15 small apples organic cored quartered (preferably )
- 0.5 t cinnamon
- 1 juice of lemon
- 0.3 c orange juice
- 1 T vanilla

## Equipment

## Nutrition Facts

PROTEIN 1.91% FAT 2.7% CARBS 95.39%

## Properties

Glycemic Index:29.67, Glycemic Load:28.28, Inflammation Score:-7, Nutrition Score:13.248695652174%

## Flavonoids

Cyanidin: 11.7mg, Cyanidin: 11.7mg, Cyanidin: 11.7mg, Cyanidin: 11.7mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 9.69mg, Catechin: 9.69mg, Catechin: 9.69mg, Catechin: 9.69mg Epigallocatechin: 1.94mg, Epigallocatechin: 1.94mg, Epigallocatechin: 1.94mg, Epigallocatechin: 1.94mg Epicatechin: 56.1mg, Epicatechin: 56.1mg, Epicatechin: 56.1mg, Epicatechin: 56.1mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 1.42mg, Epigallocatechin 3-gallate: 1.42mg, Epigallocatechin 3-gallate: 1.42mg, Epigallocatechin 3-gallate: 1.42mg Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 3.92mg, Hesperetin: 3.92mg, Hesperetin: 3.92mg, Hesperetin: 3.92mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 29.96mg, Quercetin: 29.96mg, Quercetin: 29.96mg, Quercetin: 29.96mg

## Nutrients (% of daily need)

Calories: 412.45kcal (20.62%), Fat: 1.34g (2.06%), Saturated Fat: 0.22g (1.37%), Carbohydrates: 106.55g (35.52%), Net Carbohydrates: 88.37g (32.13%), Sugar: 80.03g (88.92%), Cholesterol: 0mg (0%), Sodium: 8.19mg (0.36%), Alcohol: 1.49g (8.28%), Protein: 2.14g (4.27%), Fiber: 18.18g (72.73%), Vitamin C: 48.49mg (58.78%), Potassium: 857.06mg (24.49%), Manganese: 0.35mg (17.52%), Vitamin B6: 0.32mg (16.01%), Vitamin K: 16.55µg (15.76%), Vitamin B2: 0.21mg (12.1%), Copper: 0.22mg (10.82%), Magnesium: 40.9mg (10.23%), Vitamin B1: 0.15mg (9.88%), Vitamin E: 1.37mg (9.16%), Vitamin A: 445.51IU (8.91%), Phosphorus: 86.8mg (8.68%), Folate: 30.58µg (7.64%), Iron: 0.98mg (5.47%), Calcium: 52.39mg (5.24%), Vitamin B5: 0.51mg (5.1%), Vitamin B3: 0.79mg (3.97%), Zinc: 0.33mg (2.17%)