



Delicious Apple Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



166 kcal

SAUCE

Ingredients

- ☐ 2 apples shredded cored peeled
- ☐ 3 tablespoons brown sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup water

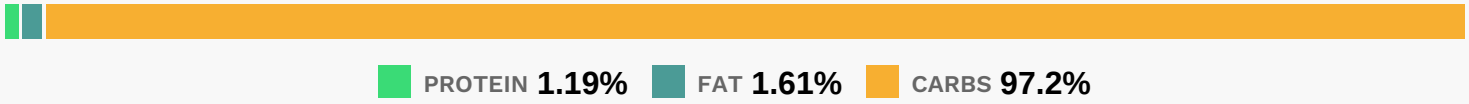
Equipment

- ☐ sauce pan

Directions

- ☐ Place shredded apples in a medium saucepan over medium low heat.
- ☐ Sprinkle with cinnamon, then add water and cook until the apple bits become soft and mushy.
- ☐ Stir in brown sugar and mix well; if desired, top with ice cream and serve.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:6.65, Inflammation Score:-2, Nutrition Score:3.7126086807769%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 165.51kcal (8.28%), Fat: 0.32g (0.5%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 43.58g (14.53%), Net Carbohydrates: 38.68g (14.07%), Sugar: 36.41g (40.46%), Cholesterol: 0mg (0%), Sodium: 8.44mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.07%), Fiber: 4.9g (19.6%), Manganese: 0.25mg (12.49%), Vitamin C: 8.41mg (10.19%), Potassium: 222.99mg (6.37%), Vitamin B6: 0.08mg (4.18%), Vitamin K: 4.32µg (4.11%), Calcium: 36.77mg (3.68%), Copper: 0.07mg (3.29%), Magnesium: 11.62mg (2.9%), Vitamin B2: 0.05mg (2.81%), Iron: 0.43mg (2.39%), Vitamin E: 0.35mg (2.34%), Phosphorus: 21.38mg (2.14%), Vitamin B1: 0.03mg (2.08%), Vitamin A: 101.23IU (2.02%), Folate: 5.7µg (1.42%), Vitamin B5: 0.14mg (1.38%)