



## Easy Baked Applesauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



146 kcal

SIDE DISH

### Ingredients

- 4 pounds apples cored peeled halved
- 0.3 cup brown sugar packed
- 1 teaspoon ground cinnamon
- 2 tablespoons juice of lemon fresh
- 5 tablespoons water

### Equipment

- oven
- dutch oven

# Directions

- Preheat oven to 37
- Combine all ingredients in a large Dutch oven; toss to coat. Cover and bake at 375 for 1 hour and 15 minutes or until apples are tender, stirring once after 45 minutes.

# Nutrition Facts

**PROTEIN 1.55%** **FAT 2.24%** **CARBS 96.21%**

# Properties

Glycemic Index:4.63, Glycemic Load:8.28, Inflammation Score:-3, Nutrition Score:3.9208695758944%

# Flavonoids

Cyanidin: 3.56mg, Cyanidin: 3.56mg, Cyanidin: 3.56mg, Cyanidin: 3.56mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 17.08mg, Epicatechin: 17.08mg, Epicatechin: 17.08mg, Epicatechin: 17.08mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 9.11mg, Quercetin: 9.11mg, Quercetin: 9.11mg, Quercetin: 9.11mg

# Nutrients (% of daily need)

Calories: 145.5kcal (7.28%), Fat: 0.4g (0.61%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 38.5g (12.83%), Net Carbohydrates: 32.92g (11.97%), Sugar: 30.36g (33.73%), Cholesterol: 0mg (0%), Sodium: 4.72mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.24%), Fiber: 5.59g (22.35%), Vitamin C: 11.89mg (14.42%), Potassium: 256.76mg (7.34%), Manganese: 0.13mg (6.39%), Vitamin B6: 0.1mg (4.9%), Vitamin K: 5.07µg (4.83%), Vitamin B2: 0.06mg (3.51%), Copper: 0.07mg (3.37%), Magnesium: 12.43mg (3.11%), Vitamin E: 0.42mg (2.8%), Vitamin B1: 0.04mg (2.63%), Phosphorus: 25.68mg (2.57%), Vitamin A: 123.43IU (2.47%), Calcium: 22.33mg (2.23%), Iron: 0.34mg (1.92%), Folate: 7.64µg (1.91%), Vitamin B5: 0.15mg (1.53%), Vitamin B3: 0.22mg (1.1%)