



## Easy Cranberry Applesauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



119 kcal

SIDE DISH

### Ingredients

- 2 pounds apples cored peeled cut into 1-inch chunks
- 1 cup cranberries fresh
- 0.5 teaspoon ground cinnamon
- 1.5 teaspoons juice of lemon
- 1 pinch salt
- 3 tablespoons water
- 0.3 cup sugar white

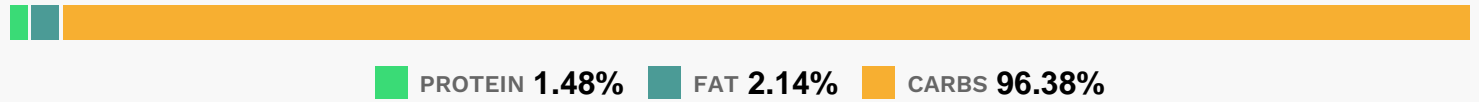
### Equipment

- sauce pan
- wooden spoon

## Directions

- Stir apples, cranberries, sugar, water, cinnamon, and salt together in a saucepan. Bring to a boil, reduce heat to low, and cook until apples and cranberries are tender, about 20 minutes.
- Remove from heat.
- Stir lemon juice into cranberry mixture.
- Mash cranberry mixture with a wooden spoon or fork to make a chunky sauce.

## Nutrition Facts



## Properties

Glycemic Index:25.35, Glycemic Load:11.97, Inflammation Score:-3, Nutrition Score:3.1308696363931%

## Flavonoids

Cyanidin: 10.11mg, Cyanidin: 10.11mg, Cyanidin: 10.11mg, Cyanidin: 10.11mg Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 8.22mg, Peonidin: 8.22mg, Peonidin: 8.22mg, Peonidin: 8.22mg Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 12.11mg, Epicatechin: 12.11mg, Epicatechin: 12.11mg, Epicatechin: 12.11mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 8.54mg, Quercetin: 8.54mg, Quercetin: 8.54mg, Quercetin: 8.54mg

## Nutrients (% of daily need)

Calories: 119.06kcal (5.95%), Fat: 0.31g (0.48%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 31.39g (10.46%), Net Carbohydrates: 27.06g (9.84%), Sugar: 24.79g (27.54%), Cholesterol: 0mg (0%), Sodium: 8.79mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.96%), Fiber: 4.32g (17.28%), Vitamin C: 9.78mg (11.85%),

Manganese: 0.14mg (7.13%), Potassium: 177.29mg (5.07%), Vitamin K: 4.21µg (4.01%), Vitamin B6: 0.07mg (3.62%),  
Vitamin E: 0.5mg (3.32%), Copper: 0.05mg (2.64%), Vitamin B2: 0.04mg (2.62%), Magnesium: 8.81mg (2.2%),  
Vitamin B1: 0.03mg (1.87%), Phosphorus: 18.67mg (1.87%), Vitamin A: 92.21IU (1.84%), Vitamin B5: 0.14mg (1.44%),  
Iron: 0.24mg (1.33%), Calcium: 12.46mg (1.25%), Folate: 4.96µg (1.24%)