



Eldress Bertha's Applesauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 Dash almond extract
- ☐ 1 stick cinnamon 2-inch
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 5.5 cups pink lady apples peeled chopped 4
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.5 cup water

Equipment

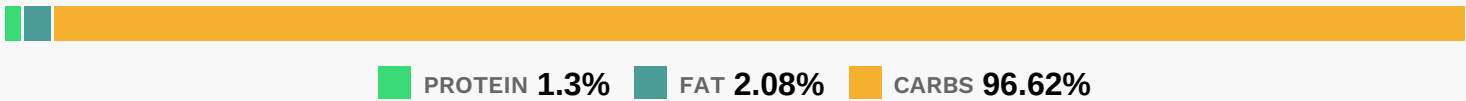
- ☐ sauce pan
- ☐ potato masher

Directions

☐

Combine first 5 ingredients in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 35 minutes or until soft. Discard cinnamon stick. Mash with a potato masher to desired consistency. Stir in salt and extract.

Nutrition Facts



Properties

Glycemic Index:6.69, Glycemic Load:3.75, Inflammation Score:-1, Nutrition Score:0.85739130980295%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.24mg, Epicatechin: 3.24mg, Epicatechin: 3.24mg, Epicatechin: 3.24mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 35.24kcal (1.76%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 9.32g (3.11%), Net Carbohydrates: 8.16g (2.97%), Sugar: 7.63g (8.48%), Cholesterol: 0mg (0%), Sodium: 37.2mg (1.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.25%), Fiber: 1.15g (4.61%), Vitamin C: 2.53mg (3.07%), Manganese: 0.05mg (2.68%), Potassium: 48.45mg (1.38%)