

Fruit Leather



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



320 min.

SERVINGS



1

CALORIES



1411 kcal

SIDE DISH

Ingredients

- 4 cups apples cored peeled chopped
- 0.3 cup juice of lemon
- 4 cups pears cored peeled chopped
- 1 cup sugar

Equipment

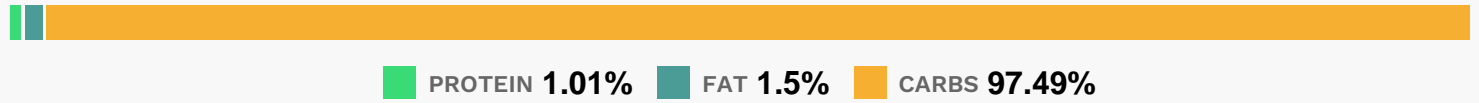
- frying pan
- baking sheet
- oven

- blender
- plastic wrap

Directions

- Preheat the oven to 150 degrees F (65 degrees C). Cover a baking sheet with a layer of plastic wrap.
- In the container of a blender, combine the sugar, lemon juice, apple and pear. Cover and puree until smooth.
- Spread evenly on the prepared pan.
- Place the pan on the top rack of the oven.
- Bake for 5 to 6 hours, leaving the door to the oven partway open. Fruit is dry when the surface is no longer tacky and you can tear it like leather.
- Roll up on the plastic wrap and store in an airtight jar.

Nutrition Facts



Properties

Glycemic Index:138.84, Glycemic Load:186.5, Inflammation Score:-8, Nutrition Score:21.412173799846%

Flavonoids

Cyanidin: 21.12mg, Cyanidin: 21.12mg, Cyanidin: 21.12mg, Cyanidin: 21.12mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 8.24mg, Catechin: 8.24mg, Catechin: 8.24mg, Catechin: 8.24mg Epigallocatechin: 5.1mg, Epigallocatechin: 5.1mg, Epigallocatechin: 5.1mg, Epigallocatechin: 5.1mg Epicatechin: 61.86mg, Epicatechin: 61.86mg, Epicatechin: 61.86mg, Epicatechin: 61.86mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 2.04mg, Epigallocatechin 3-gallate: 2.04mg, Epigallocatechin 3-gallate: 2.04mg, Epigallocatechin 3-gallate: 2.04mg Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 1.93mg, Isorhamnetin: 1.93mg, Isorhamnetin: 1.93mg, Isorhamnetin: 1.93mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 25.69mg, Quercetin: 25.69mg, Quercetin: 25.69mg, Quercetin: 25.69mg

Nutrients (% of daily need)

Calories: 1410.5kcal (70.53%), Fat: 2.54g (3.9%), Saturated Fat: 0.31g (1.91%), Carbohydrates: 370.3g (123.43%), Net Carbohydrates: 338.15g (122.96%), Sugar: 315.93g (351.03%), Cholesterol: 0mg (0%), Sodium: 14.05mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.66%), Fiber: 32.15g (128.59%), Vitamin C: 74.3mg (90.06%), Potassium: 1348.87mg (38.54%), Vitamin K: 39.34µg (37.46%), Copper: 0.69mg (34.34%), Manganese: 0.5mg (24.97%), Vitamin B6: 0.42mg (20.99%), Vitamin B2: 0.34mg (20.27%), Magnesium: 73.74mg (18.44%), Folate: 72.28µg (18.07%), Phosphorus: 137.16mg (13.72%), Vitamin B1: 0.18mg (11.79%), Vitamin E: 1.76mg (11.76%), Iron: 1.91mg (10.6%), Calcium: 93.62mg (9.36%), Vitamin A: 434.66IU (8.69%), Vitamin B3: 1.55mg (7.74%), Vitamin B5: 0.7mg (7%), Zinc: 0.89mg (5.96%), Selenium: 1.9µg (2.72%)