



Green Apple Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



355 kcal

SAUCE

Ingredients

- ☐ 1 pinch cinnamon
- ☐ 0.3 cup chives fresh
- ☐ 2 shots grappa
- ☐ 8 apples green cored peeled
- ☐ 1 juice of lemon
- ☐ 1 teaspoon salt
- ☐ 0.5 cup sugar

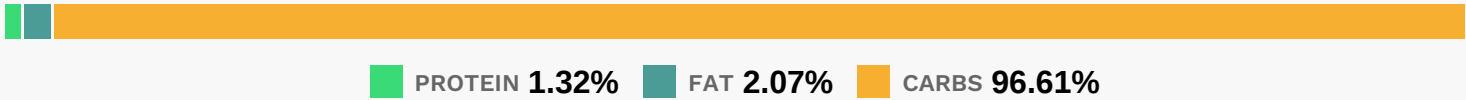
Equipment

☐ sauce pan

Directions

- ☐ Quarter apples and place them in a saucepan over medium heat with the sugar, grappa, cinnamon, salt and lemon juice. Cook until soft and broken down, about 10 to 15 minutes.
- ☐ Remove from heat, stir in chives and serve immediately.;

Nutrition Facts



Properties

Glycemic Index:38.02, Glycemic Load:30.75, Inflammation Score:-5, Nutrition Score:6.5521738684696%

Flavonoids

Cyanidin: 5.71mg, Cyanidin: 5.71mg, Cyanidin: 5.71mg, Cyanidin: 5.71mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.73mg, Catechin: 4.73mg, Catechin: 4.73mg, Catechin: 4.73mg Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg Epicatechin: 27.41mg, Epicatechin: 27.41mg, Epicatechin: 27.41mg, Epicatechin: 27.41mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Quercetin: 14.74mg, Quercetin: 14.74mg, Quercetin: 14.74mg, Quercetin: 14.74mg

Nutrients (% of daily need)

Calories: 355.39kcal (17.77%), Fat: 0.74g (1.13%), Saturated Fat: 0.11g (0.68%), Carbohydrates: 77.38g (25.79%), Net Carbohydrates: 68.53g (24.92%), Sugar: 64.63g (71.81%), Cholesterol: 0mg (0%), Sodium: 585.41mg (25.45%), Alcohol: 8.95g (100%), Alcohol %: 2.68% (100%), Protein: 1.06g (2.11%), Fiber: 8.85g (35.39%), Vitamin C: 21.1mg (25.58%), Vitamin K: 13.35µg (12.71%), Potassium: 405.44mg (11.58%), Vitamin B6: 0.16mg (7.81%), Manganese: 0.15mg (7.44%), Vitamin A: 305.98IU (6.12%), Vitamin B2: 0.1mg (6.08%), Copper: 0.11mg (5.29%), Magnesium: 19.75mg (4.94%), Vitamin E: 0.67mg (4.49%), Vitamin B1: 0.07mg (4.38%), Phosphorus: 42.12mg (4.21%), Folate: 15.05µg (3.76%), Iron: 0.5mg (2.8%), Calcium: 25.7mg (2.57%), Vitamin B5: 0.24mg (2.4%), Vitamin B3: 0.35mg (1.77%), Zinc: 0.17mg (1.12%)