



Harvest Fruit Puree



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



314 kcal

SIDE DISH

Ingredients

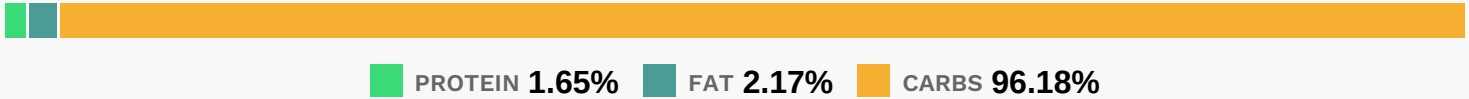
- ☐ 1 cup apple juice 100% (juice, no sugar added)
- ☐ 5 large apples sweet ()
- ☐ 1 cup cranberries fresh ripe
- ☐ 1.3 lbs anjou pear ripe
- ☐ 0.8 tsp salt
- ☐ 0.3 cup sugar to taste ()

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Harvest Fruit Puree
- ☐ Ingredients1 cup fresh ripe cranberries5–6 large sweet cooking apples (about 2 ½ lbs – Golden Delicious, Gravenstein or Fuji)2 large ripe D’Anjou pears (about 1 ¼ lbs)1/4 cup sugar (or more to taste)3/4 tsp salt1 cup apple juice (100% juice, no sugar added)
- ☐ Servings: 4 – 4 1/2 cups of sauce
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:56.15, Glycemic Load:28.95, Inflammation Score:-5, Nutrition Score:8.5604348364084%

Flavonoids

Cyanidin: 18.92mg, Cyanidin: 18.92mg, Cyanidin: 18.92mg, Cyanidin: 18.92mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.35mg, Peonidin: 12.35mg, Peonidin: 12.35mg, Peonidin: 12.35mg Catechin: 4.88mg, Catechin: 4.88mg, Catechin: 4.88mg, Catechin: 4.88mg Epigallocatechin: 1.75mg, Epigallocatechin: 1.75mg, Epigallocatechin: 1.75mg, Epigallocatechin: 1.75mg Epicatechin: 30.33mg, Epicatechin: 30.33mg, Epicatechin: 30.33mg, Epicatechin: 30.33mg Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg Epigallocatechin 3–gallate: 1.01mg, Epigallocatechin 3–gallate: 1.01mg, Epigallocatechin 3–gallate: 1.01mg, Epigallocatechin 3–gallate: 1.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 16.44mg, Quercetin: 16.44mg, Quercetin: 16.44mg, Quercetin: 16.44mg

Nutrients (% of daily need)

Calories: 313.89kcal (15.69%), Fat: 0.83g (1.27%), Saturated Fat: 0.12g (0.78%), Carbohydrates: 82.47g (27.49%), Net Carbohydrates: 70.36g (25.59%), Sugar: 62.32g (69.24%), Cholesterol: 0mg (0%), Sodium: 443.34mg (19.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.82%), Fiber: 12.11g (48.43%), Vitamin C: 22.98mg (27.85%), Potassium: 545.65mg (15.59%), Manganese: 0.3mg (15.16%), Vitamin K: 13.62µg (12.97%), Copper: 0.21mg

(10.71%), Vitamin B6: 0.18mg (9.04%), Vitamin B2: 0.13mg (7.48%), Magnesium: 28.47mg (7.12%), Vitamin E: 1.01mg (6.72%), Phosphorus: 54.76mg (5.48%), Vitamin B1: 0.08mg (5.36%), Folate: 18.53µg (4.63%), Iron: 0.73mg (4.06%), Vitamin A: 201.58IU (4.03%), Calcium: 36.84mg (3.68%), Vitamin B5: 0.34mg (3.44%), Vitamin B3: 0.55mg (2.76%), Zinc: 0.29mg (1.94%)