

# Holiday Cranberry Applesauce

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



5

CALORIES



126 kcal

SIDE DISH

## Ingredients

- 1.5 cups cranberry juice cocktail
- 0.7 cup cinnamon candies red hot (available in cake-decorating aisle)

## Equipment

- food processor
- knife
- pot

## Directions

- In a large pot, combine all ingredients. Bring to a boil. Cook over medium heat, covered, 15 minutes.
- Lower heat; simmer until apples are very soft, about 20 minutes. Cool slightly.
- Transfer to a food processor with the knife blade; process until smooth.
- Serve warm, chilled or at room temperature.

## Nutrition Facts

PROTEIN 0% FAT 0.52% CARBS 99.48%

## Properties

Glycemic Index:12, Glycemic Load:6.15, Inflammation Score:-1, Nutrition Score:1.9656520975025%

## Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

## Nutrients (% of daily need)

Calories: 125.71kcal (6.29%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 32.84g (10.95%), Net Carbohydrates: 32.84g (11.94%), Sugar: 28.8g (32%), Cholesterol: 0mg (0%), Sodium: 1.52mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%), Vitamin C: 32.11mg (38.92%), Manganese: 0.04mg (1.82%), Vitamin E: 0.17mg (1.11%)