

Homemade Applesauce

 Vegetarian  Gluten Free

READY IN



110 min.

SERVINGS



5

CALORIES



477 kcal

SIDE DISH

Ingredients

- 3 pounds granny smith apples (6 to 8 apples)
- 0.5 teaspoon ground allspice
- 2 teaspoons ground cinnamon
- 1 lemon zest juiced
- 0.5 cup brown sugar light packed
- 2 large orange zest juiced
- 3 pounds apples sweet such as macoun, mcintosh, or winesap (6 to 8 apples) red
- 4 tablespoons butter unsalted

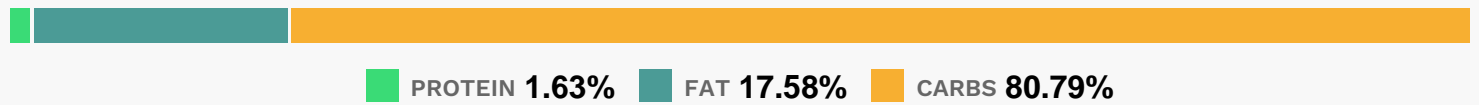
Equipment

- bowl
- oven
- whisk
- pot
- dutch oven

Directions

- Preheat the oven to 350 degrees F.
- Place the zest and juice of the oranges and lemon in a large bowl. Peel, quarter, and core the apples (reserving the peel of 2 of the red apples) and toss them in the juice.
- Pour the apples, reserved apple peel, and juice into a nonreactive Dutch oven or enameled iron pot.
- Add the brown sugar, butter, cinnamon, and allspice and cover the pot.
- Bake for 1 1/2 hours, or until all the apples are soft.
- Remove and discard the red apple peel.
- Mix with a whisk until smooth, and serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:16.8, Glycemic Load:19.88, Inflammation Score:-8, Nutrition Score:13.143043600995%

Flavonoids

Cyanidin: 8.55mg, Cyanidin: 8.55mg, Cyanidin: 8.55mg, Cyanidin: 8.55mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 7.08mg, Catechin: 7.08mg, Catechin: 7.08mg, Catechin: 7.08mg Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg Epicatechin: 40.99mg, Epicatechin: 40.99mg, Epicatechin: 40.99mg, Epicatechin: 40.99mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 1.03mg, Epigallocatechin 3-gallate: 1.03mg, Epigallocatechin 3-gallate: 1.03mg, Epigallocatechin 3-gallate:

1.03mg Hesperetin: 12.25mg, Hesperetin: 12.25mg, Hesperetin: 12.25mg, Hesperetin: 12.25mg Naringenin: 3.98mg, Naringenin: 3.98mg, Naringenin: 3.98mg, Naringenin: 3.98mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 21.94mg, Quercetin: 21.94mg, Quercetin: 21.94mg, Quercetin: 21.94mg

Nutrients (% of daily need)

Calories: 477.45kcal (23.87%), Fat: 10.12g (15.58%), Saturated Fat: 5.92g (37.02%), Carbohydrates: 104.71g (34.9%), Net Carbohydrates: 89.82g (32.66%), Sugar: 82.78g (91.98%), Cholesterol: 24.08mg (8.03%), Sodium: 13.7mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.22%), Vitamin C: 59.79mg (72.47%), Fiber: 14.89g (59.56%), Potassium: 714.78mg (20.42%), Manganese: 0.37mg (18.34%), Vitamin A: 716.18IU (14.32%), Vitamin B6: 0.28mg (14.03%), Vitamin K: 13.01µg (12.39%), Vitamin B2: 0.18mg (10.31%), Copper: 0.19mg (9.29%), Magnesium: 36.51mg (9.13%), Folate: 36.2µg (9.05%), Vitamin E: 1.35mg (8.97%), Calcium: 88.63mg (8.86%), Vitamin B1: 0.13mg (8.82%), Phosphorus: 77.2mg (7.72%), Iron: 0.97mg (5.41%), Vitamin B5: 0.53mg (5.26%), Vitamin B3: 0.78mg (3.92%), Zinc: 0.3mg (1.99%), Vitamin D: 0.17µg (1.12%)