



## Homemade Applesauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



121 kcal

SIDE DISH

### Ingredients

- 1 cup apple cider
- 2 cinnamon sticks
- 4 granny smith and golden delicious apples cored peeled cut into 1/2-inch slices
- 0.3 teaspoon ground cinnamon
- 1 juice of lemon juiced
- 0.3 cup brown sugar light
- 1 Dash nutmeg

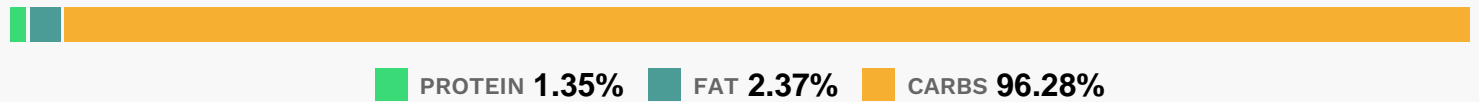
### Equipment

- sauce pan
- potato masher

## Directions

- Add apples, apple cider, lemon juice, sugar, cinnamon sticks and a dash of nutmeg to a large saucepan. Bring to a boil, cover with a lid and reduce to a simmer.
- Let cook for 15 minutes or until apples are tender.
- Remove cinnamon sticks and discard.
- Mash with a potato masher, and stir in the 1/4 teaspoon ground cinnamon and dash of nutmeg.
- Transfer to a serving dish and serve warm.

## Nutrition Facts



## Properties

Glycemic Index:25.46, Glycemic Load:6.26, Inflammation Score:-2, Nutrition Score:3.2504348016304%

## Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 10.99mg, Epicatechin: 10.99mg, Epicatechin: 10.99mg, Epicatechin: 10.99mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

## Nutrients (% of daily need)

Calories: 121.08kcal (6.05%), Fat: 0.35g (0.53%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 31.62g (10.54%), Net Carbohydrates: 27.91g (10.15%), Sugar: 25.49g (28.33%), Cholesterol: 0mg (0%), Sodium: 5.55mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.89%), Manganese: 0.3mg (15.06%), Fiber: 3.7g (14.82%), Vitamin C: 7.92mg (9.6%), Potassium: 192.87mg (5.51%), Vitamin B6: 0.07mg (3.26%), Calcium: 31.17mg

(3.12%), Vitamin K: 3.06µg (2.91%), Magnesium: 10.21mg (2.55%), Copper: 0.05mg (2.43%), Vitamin B2: 0.04mg (2.33%), Vitamin B1: 0.03mg (2.06%), Iron: 0.37mg (2.06%), Phosphorus: 18.02mg (1.8%), Vitamin E: 0.26mg (1.73%), Vitamin A: 70.07IU (1.4%), Folate: 4.93µg (1.23%), Vitamin B5: 0.12mg (1.16%)