



Homemade Applesauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



123 kcal

SIDE DISH

Ingredients

- 3 pounds cooking apple red coarsely chopped
- 1 cup apple cider
- 0.5 cup firmly brown sugar packed

Equipment

- sauce pan

Directions

Combine all ingredients in a large saucepan. Bring to a boil. Reduce heat; simmer 1 hour until apples are tender, stirring occasionally.

Nutrition Facts

PROTEIN 1.18% **FAT 1.77%** **CARBS 97.05%**

Properties

Glycemic Index:7.28, Glycemic Load:6.03, Inflammation Score:-2, Nutrition Score:2.4569565265075%

Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.06mg, Catechin: 2.06mg, Catechin: 2.06mg, Catechin: 2.06mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 11.36mg, Epicatechin: 11.36mg, Epicatechin: 11.36mg, Epicatechin: 11.36mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 123.42kcal (6.17%), Fat: 0.26g (0.4%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 32.24g (10.75%), Net Carbohydrates: 28.92g (10.52%), Sugar: 27.09g (30.1%), Cholesterol: 0mg (0%), Sodium: 5.38mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.78%), Fiber: 3.31g (13.25%), Vitamin C: 6.47mg (7.84%), Potassium: 184.07mg (5.26%), Manganese: 0.07mg (3.61%), Vitamin B6: 0.06mg (3.23%), Vitamin K: 2.99µg (2.85%), Vitamin B2: 0.04mg (2.32%), Magnesium: 8.97mg (2.24%), Copper: 0.04mg (2.24%), Calcium: 19.18mg (1.92%), Vitamin B1: 0.03mg (1.87%), Phosphorus: 17.06mg (1.71%), Vitamin E: 0.25mg (1.65%), Iron: 0.27mg (1.5%), Vitamin A: 73.72IU (1.47%), Vitamin B5: 0.11mg (1.09%), Folate: 4.19µg (1.05%)