



Homemade Cinnamon Applesauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



176 kcal

SIDE DISH

Ingredients

- ☐ 7 golden delicious apple peeled chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 cup t brown sugar dark packed
- ☐ 1 cup water
- ☐ 3 slices lemon zest (with a vegetable peeler or paring knife) cut
- ☐ 2 cinnamon sticks (3 inch)

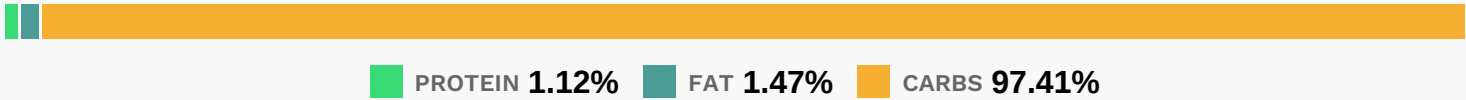
Equipment

- ☐ food processor
- ☐ blender
- ☐ potato masher
- ☐ dutch oven

Directions

- ☐ In 6-quart stockpot or Dutch oven, place all ingredients.
- ☐ Heat to boiling, stirring occasionally. Reduce heat to low; cook uncovered 30 to 40 minutes, stirring occasionally, until apples are tender.
- ☐ Remove from heat; discard lemon peel and cinnamon sticks.
- ☐ Let apple mixture cool slightly, about 10 minutes; puree in a food processor, blender, or mash with a potato masher.
- ☐ Serve warm or cover and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:14.26, Glycemic Load:15.69, Inflammation Score:-2, Nutrition Score:2.9065217505331%

Flavonoids

Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 8.77mg, Epicatechin: 8.77mg, Epicatechin: 8.77mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg

Nutrients (% of daily need)

Calories: 176.48kcal (8.82%), Fat: 0.3g (0.45%), Saturated Fat: 0g (0.02%), Carbohydrates: 43.99g (14.67%), Net Carbohydrates: 39.66g (14.42%), Sugar: 37.44g (41.6%), Cholesterol: 0mg (0%), Sodium: 7.48mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1.01%), Fiber: 4.33g (17.33%), Manganese: 0.22mg (10.76%), Potassium: 177.99mg (5.09%), Vitamin B6: 0.09mg (4.39%), Copper: 0.06mg (3.07%), Vitamin K: 3.14µg (2.99%), Calcium: 27.56mg (2.76%), Vitamin B2: 0.04mg (2.63%), Magnesium: 9.78mg (2.44%), Vitamin E: 0.31mg (2.07%),

Iron: 0.36mg (1.98%), Vitamin B1: 0.03mg (1.97%), Phosphorus: 17.05mg (1.7%), Vitamin A: 84.1IU (1.68%), Vitamin C: 1.24mg (1.51%), Vitamin B5: 0.14mg (1.37%), Folate: 5.35µg (1.34%)