



Hot Spiced Applesauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



131 kcal

SIDE DISH

Ingredients

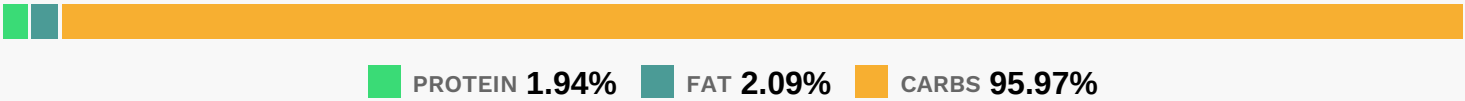
- ☐ 24 ounce apple sauce
- ☐ 6 ounce pineapple crushed drained canned
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.1 teaspoon ground ginger
- ☐ 0.1 teaspoon nutmeg

Equipment

Directions

- ☐ Cook applesauce and pineapple over medium heat 5 minutes. Stir in cinnamon, next 3 ingredients, and, if desired, rum.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:3.8882608724677%

Flavonoids

Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg Epicatechin: 12.27mg, Epicatechin: 12.27mg, Epicatechin: 12.27mg, Epicatechin: 12.27mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg

Nutrients (% of daily need)

Calories: 131.04kcal (6.55%), Fat: 0.34g (0.52%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 34.87g (11.62%), Net Carbohydrates: 31.41g (11.42%), Sugar: 29.42g (32.69%), Cholesterol: 0mg (0%), Sodium: 5.4mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.41%), Fiber: 3.47g (13.86%), Manganese: 0.2mg (9.76%), Vitamin C: 7.61mg (9.23%), Vitamin B1: 0.12mg (7.82%), Potassium: 241.81mg (6.91%), Copper: 0.12mg (6.23%), Vitamin B6: 0.11mg (5.26%), Vitamin B2: 0.08mg (4.73%), Iron: 0.74mg (4.09%), Magnesium: 16.06mg (4.01%), Vitamin E: 0.39mg (2.6%), Folate: 9.75µg (2.44%), Calcium: 22.26mg (2.23%), Vitamin A: 95.35IU (1.91%), Vitamin B3: 0.37mg (1.83%), Vitamin K: 1.75µg (1.67%), Phosphorus: 15.93mg (1.59%), Selenium: 0.97µg (1.39%)