



Lemon Ginger Cranberry Applesauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



116 kcal

SIDE DISH

Ingredients

- 2 large apples diced cored peeled
- 12 ounce cranberries fresh
- 1 teaspoon ginger fresh grated
- 0.5 cup lemonade concentrate
- 0.1 teaspoon salt
- 1 cup sugar
- 1 cup water

Equipment

sauce pan

Directions

- Stir cranberries, apples, water, sugar, and lemonade concentrate together in a saucepan. Bring to a boil, stirring occasionally, and reduce heat to medium low.
- Stir ginger and salt into cranberry mixture and simmer until cranberries burst and apples are tender, 20 minutes. Chill in the refrigerator.

Nutrition Facts

PROTEIN 0.82% **FAT 1.63%** **CARBS 97.55%**

Properties

Glycemic Index:13.51, Glycemic Load:14.07, Inflammation Score:-1, Nutrition Score:1.7847826137491%

Flavonoids

Cyanidin: 13.75mg, Cyanidin: 13.75mg, Cyanidin: 13.75mg, Cyanidin: 13.75mg Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 4.04mg, Epicatechin: 4.04mg, Epicatechin: 4.04mg, Epicatechin: 4.04mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

Nutrients (% of daily need)

Calories: 115.99kcal (5.8%), Fat: 0.22g (0.34%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 30.08g (10.03%), Net Carbohydrates: 28.13g (10.23%), Sugar: 26.1g (29%), Cholesterol: 0mg (0%), Sodium: 27.03mg (1.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.5%), Vitamin C: 6.98mg (8.46%), Fiber: 1.95g (7.78%), Manganese: 0.12mg (5.87%), Vitamin E: 0.45mg (3%), Vitamin K: 2.26µg (2.15%), Potassium: 70.58mg (2.02%), Vitamin B6: 0.03mg (1.68%), Copper: 0.03mg (1.6%), Vitamin B5: 0.12mg (1.18%), Magnesium: 4.52mg (1.13%), Vitamin B2: 0.02mg (1.09%)