

# Maple Cranberry Applesauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



120 min.

SERVINGS



3

CALORIES



661 kcal

SIDE DISH

## Ingredients

- ☐ 0.5 cup apple cider
- ☐ 6 pounds apples peeled sliced
- ☐ 1 cinnamon sticks
- ☐ 1.5 cups cranberries fresh
- ☐ 0.3 cup t brown sugar dark packed
- ☐ 3 tablespoons juice of lemon freshly squeezed
- ☐ 0.3 cup maple syrup

## Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ blender
- ☐ immersion blender

## Directions

- ☐ If you are going to preserve the butter, prepare the jars and lids: place 3 or 4 pint jars on a rack in a large pot.
- ☐ Add enough water to cover the jars, and bring to boil over high heat. Boil for 10 minutes, then turn off heat and allow the jars to rest in the hot water. Meanwhile, put bands and lids in a small saucepan and cover with water.
- ☐ Heat over medium heat until the water is simmering, then remove the pan from heat and allow the bands and lids to rest in hot water until ready to use.
- ☐ Combine the apples, apple cider, juice, or water, lemon juice, and cinnamon stick in a large, heavy-bottomed pot. Bring to a boil over medium-high heat. Lower the heat to a simmer, cover the pot, and cook until the apples are tender and easy to mash with a fork, 20 to 25 minutes.
- ☐ Remove the cinnamon stick. Using an immersion blender, puree the apple mixture until it is mostly smooth with a few small chunks. (Alternatively, puree half of the mixture in a food processor or blender.) Stir in the cranberries, brown sugar, and maple syrup. Return the mixture to a simmer and cook until the cranberries begin to pop, about 10 minutes.
- ☐ Ladle the hot applesauce into the hot sterilized jars, leaving 1/4-inch headspace. Wipe the rims of the jars, cover with the lids, and screw the bands on until just barely tight.
- ☐ Place the jars on the rack in the pot and cover completely with water. Cover the pot and bring to a boil over high heat. Boil for 20 minutes. Turn off the heat, uncover the pot, and allow the jars to rest in water for five minutes.
- ☐ Remove the jars from the pot and allow them to rest undisturbed on countertop for six hours or overnight.

## Nutrition Facts



 **PROTEIN 1.52%**  **FAT 2.13%**  **CARBS 96.35%**

Properties

Glycemic Index:53.08, Glycemic Load:43.38, Inflammation Score:-8, Nutrition Score:20.329130556272%

Flavonoids

Cyanidin: 37.47mg, Cyanidin: 37.47mg, Cyanidin: 37.47mg, Cyanidin: 37.47mg Delphinidin: 3.84mg, Delphinidin: 3.84mg, Delphinidin: 3.84mg, Delphinidin: 3.84mg Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 24.76mg, Peonidin: 24.76mg, Peonidin: 24.76mg Catechin: 12.48mg, Catechin: 12.48mg, Catechin: 12.48mg, Catechin: 12.48mg Epigallocatechin: 2.73mg, Epigallocatechin: 2.73mg, Epigallocatechin: 2.73mg, Epigallocatechin: 2.73mg Epicatechin: 72.35mg, Epicatechin: 72.35mg, Epicatechin: 72.35mg, Epicatechin: 72.35mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 2.21mg, Epigallocatechin 3-gallate: 2.21mg, Epigallocatechin 3-gallate: 2.21mg, Epigallocatechin 3-gallate: 2.21mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 3.32mg, Myricetin: 3.32mg, Myricetin: 3.32mg, Myricetin: 3.32mg Quercetin: 44.08mg, Quercetin: 44.08mg, Quercetin: 44.08mg, Quercetin: 44.08mg

Nutrients (% of daily need)

Calories: 661.13kcal (33.06%), Fat: 1.71g (2.63%), Saturated Fat: 0.28g (1.73%), Carbohydrates: 173.68g (57.89%), Net Carbohydrates: 149.36g (54.31%), Sugar: 134.53g (149.48%), Cholesterol: 0mg (0%), Sodium: 19.46mg (0.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.5%), Fiber: 24.32g (97.26%), Manganese: 1.36mg (68.05%), Vitamin C: 54.93mg (66.59%), Vitamin B2: 0.6mg (35.06%), Potassium: 1155.65mg (33.02%), Vitamin K: 22.82µg (21.74%), Vitamin B6: 0.42mg (21.19%), Vitamin E: 2.35mg (15.64%), Magnesium: 59.21mg (14.8%), Copper: 0.29mg (14.63%), Vitamin B1: 0.19mg (12.67%), Calcium: 118.63mg (11.86%), Phosphorus: 110.72mg (11.07%), Vitamin A: 524.61IU (10.49%), Iron: 1.52mg (8.44%), Folate: 30.97µg (7.74%), Vitamin B5: 0.77mg (7.68%), Vitamin B3: 0.98mg (4.88%), Zinc: 0.64mg (4.25%)