



Maple Vanilla Applesauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



152 kcal

SIDE DISH

Ingredients

- ☐ 4 pounds apples cored peeled quartered (such as Empire, Cortland, or Golden Delicious)
- ☐ 1 cinnamon sticks
- ☐ 1 tsp kosher salt
- ☐ 3 tablespoons juice of lemon
- ☐ 4 lemon zest
- ☐ 0.3 cup maple syrup
- ☐ 2 vanilla pod
- ☐ 1 cup water

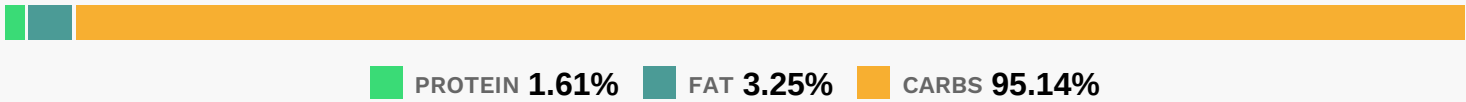
Equipment

- ☐ food processor
- ☐ pot
- ☐ blender
- ☐ potato masher

Directions

- ☐ Add all ingredients to large pot and bring to a boil over high heat. Reduce to a simmer and cook for 30 minutes.
- ☐ Remove from heat and discard cinnamon sticks and lemon peel. Mash with potato masher until desired texture is achieved. Puree in food processor or blender if desired.
- ☐ Serve warm, at room temperature, or chilled.

Nutrition Facts



Properties

Glycemic Index:9.19, Glycemic Load:10.75, Inflammation Score:-3, Nutrition Score:5.3295652735169%

Flavonoids

Cyanidin: 3.56mg, Cyanidin: 3.56mg, Cyanidin: 3.56mg, Cyanidin: 3.56mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 17.08mg, Epicatechin: 17.08mg, Epicatechin: 17.08mg, Epicatechin: 17.08mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 9.12mg, Quercetin: 9.12mg, Quercetin: 9.12mg, Quercetin: 9.12mg

Nutrients (% of daily need)

Calories: 151.77kcal (7.59%), Fat: 0.6g (0.92%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 39.61g (13.2%), Net Carbohydrates: 33.6g (12.22%), Sugar: 29.89g (33.21%), Cholesterol: 0mg (0%), Sodium: 295.62mg (12.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.34%), Fiber: 6.01g (24.04%), Vitamin C: 16.5mg (20%), Manganese: 0.39mg (19.43%), Vitamin B2: 0.19mg (11.19%), Potassium: 277.85mg (7.94%), Vitamin B6: 0.1mg (5.07%), Vitamin K: 5.13µg (4.88%), Magnesium: 14.81mg (3.7%), Copper: 0.07mg (3.57%), Calcium: 34.38mg (3.44%), Vitamin B1: 0.05mg (3.23%), Vitamin E: 0.43mg (2.9%), Phosphorus: 26.04mg (2.6%), Vitamin A: 125.6IU (2.51%), Folate: 8.35µg (2.09%), Iron: 0.35mg (1.95%), Vitamin B5: 0.16mg (1.57%), Zinc: 0.18mg (1.22%), Vitamin B3: 0.24mg (1.19%)