



Microwave Applesauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



108 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup apple cider
- ☐ 1 pound winesap apples peeled thinly sliced
- ☐ 2 tablespoons brown sugar dark
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 1 pound golden delicious apples peeled thinly sliced

Equipment

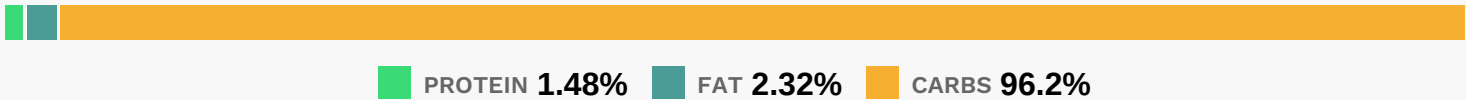
- ☐ food processor

- ☐ plastic wrap
- ☐ wax paper
- ☐ microwave

Directions

- ☐ Combine all ingredients in a 3-quart casserole; toss well. Cover surface with plastic wrap; vent. Microwave at HIGH 12 minutes or until tender, stirring every 3 minutes; let cool.
- ☐ Place apple mixture in a food processor; process until smooth. Return apple mixture to casserole. Cover with wax paper; microwave at HIGH 6 to 8 minutes, stirring every 3 minutes. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:18.29, Glycemic Load:6.85, Inflammation Score:-2, Nutrition Score:2.8117391295407%

Flavonoids

Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.33mg, Catechin: 2.33mg, Catechin: 2.33mg, Catechin: 2.33mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 12.77mg, Epicatechin: 12.77mg, Epicatechin: 12.77mg, Epicatechin: 12.77mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg

Nutrients (% of daily need)

Calories: 107.92kcal (5.4%), Fat: 0.3g (0.47%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 28.28g (9.43%), Net Carbohydrates: 24.49g (8.91%), Sugar: 22.45g (24.94%), Cholesterol: 0mg (0%), Sodium: 3.94mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.87%), Fiber: 3.79g (15.16%), Vitamin C: 7.23mg (8.76%), Manganese: 0.13mg (6.57%), Potassium: 198.04mg (5.66%), Vitamin B6: 0.07mg (3.47%), Vitamin K: 3.44µg (3.27%), Vitamin B2: 0.04mg (2.62%), Magnesium: 9.6mg (2.4%), Copper: 0.05mg (2.35%), Vitamin B1: 0.03mg (2.13%), Phosphorus: 19.01mg (1.9%), Vitamin E: 0.28mg (1.88%), Calcium: 16.69mg (1.67%), Vitamin A: 82.5IU (1.65%), Iron: 0.26mg (1.47%), Folate: 4.6µg (1.15%), Vitamin B5: 0.11mg (1.13%)