

Pear Applesauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup apple juice
- ☐ 2 pounds apples cored cut into wedges
- ☐ 2 pounds purée of usa bartlett pear red cored cut into wedges
- ☐ 0.3 cup brown sugar packed
- ☐ 2 sticks cinnamon (3-inch)
- ☐ 0.5 optional: lemon cut into 2 pieces

Equipment

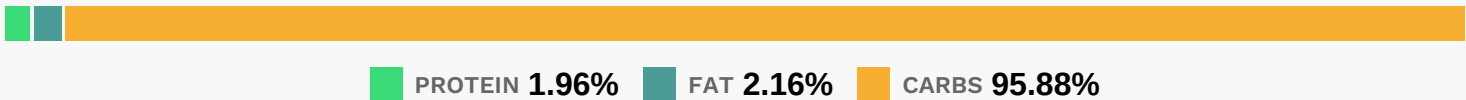
- ☐ bowl

- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Combine first 5 ingredients in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 45 minutes or until the fruit is tender. Discard cinnamon sticks and lemon. Press fruit mixture through a sieve over a bowl using the back of a spoon, and discard skins. Stir in brown sugar.
- ☐ Serve sauce at room temperature or chilled.

Nutrition Facts



Properties

Glycemic Index:9.02, Glycemic Load:5.25, Inflammation Score:-1, Nutrition Score:2.47217392144%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 4.63mg, Epicatechin: 4.63mg, Epicatechin: 4.63mg, Epicatechin: 4.63mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg Hesperetin: 0.94mg, Hesperetin: 0.94mg, Hesperetin: 0.94mg, Hesperetin: 0.94mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 83.89kcal (4.19%), Fat: 0.21g (0.33%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 21.25g (7.08%), Net Carbohydrates: 17.79g (6.47%), Sugar: 15.56g (17.29%), Cholesterol: 0mg (0%), Sodium: 2.52mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.87%), Fiber: 3.46g (13.84%), Vitamin C: 6.98mg (8.46%), Manganese: 0.13mg (6.31%), Potassium: 136.88mg (3.91%), Vitamin K: 3.54µg (3.37%), Copper: 0.06mg (3.24%), Vitamin B6: 0.04mg (2.21%), Magnesium: 7.47mg (1.87%), Vitamin B2: 0.03mg (1.86%), Calcium: 17.24mg (1.72%), Iron: 0.27mg (1.48%), Phosphorus: 13.97mg (1.4%), Folate: 5.53µg (1.38%), Vitamin B1: 0.02mg (1.3%), Vitamin E:

0.19mg (1.24%)