



Pear Applesauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



70 min.

SERVINGS



1

CALORIES



1286 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.5 pounds apples cored peeled coarsely chopped (, , and)
- ☐ 2 pounds pears cored peeled coarsely chopped (, , and)
- ☐ 1 cup apple cider
- ☐ 2 tablespoons brandy
- ☐ 1 teaspoon apple cider vinegar

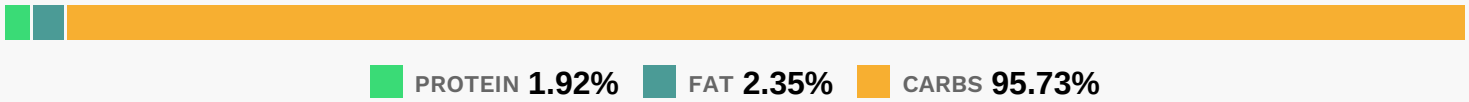
Equipment

- ☐ dutch oven
- ☐ immersion blender

Directions

- ☐ Toss the apples and pears into a heavy-bottomed Dutch oven, and then pour in the apple cider, brandy, and vinegar. Cover the pot and cook the fruit over medium-high heat until completely soft, and then purée the sauce with an immersion blender.
- ☐ Adjust the consistency of the sauce with additional apple cider as needed.
- ☐ Serve right away or store up to 1 week in an airtight container in the fridge.

Nutrition Facts



Properties

Glycemic Index:164.5, Glycemic Load:92.4, Inflammation Score:-9, Nutrition Score:31.622174081595%

Flavonoids

Cyanidin: 36.54mg, Cyanidin: 36.54mg, Cyanidin: 36.54mg, Cyanidin: 36.54mg Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg Catechin: 20.14mg, Catechin: 20.14mg, Catechin: 20.14mg, Catechin: 20.14mg Epigallocatechin: 8.3mg, Epigallocatechin: 8.3mg, Epigallocatechin: 8.3mg, Epigallocatechin: 8.3mg Epicatechin: 130.61mg, Epicatechin: 130.61mg, Epicatechin: 130.61mg, Epicatechin: 130.61mg Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg Epigallocatechin 3-gallate: 3.7mg, Epigallocatechin 3-gallate: 3.7mg, Epigallocatechin 3-gallate: 3.7mg, Epigallocatechin 3-gallate: 3.7mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Isorhamnetin: 2.72mg, Isorhamnetin: 2.72mg, Isorhamnetin: 2.72mg, Isorhamnetin: 2.72mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 54.46mg, Quercetin: 54.46mg, Quercetin: 54.46mg, Quercetin: 54.46mg

Nutrients (% of daily need)

Calories: 1285.68kcal (64.28%), Fat: 3.5g (5.39%), Saturated Fat: 0.57g (3.56%), Carbohydrates: 321.1g (107.03%), Net Carbohydrates: 265.29g (96.47%), Sugar: 229.11g (254.56%), Cholesterol: 0mg (0%), Sodium: 30.4mg (1.32%), Alcohol: 10.02g (100%), Alcohol %: 0.55% (100%), Protein: 6.45g (12.9%), Fiber: 55.81g (223.24%), Vitamin C: 93.3mg (113.09%), Potassium: 2508.3mg (71.67%), Vitamin K: 64.86µg (61.77%), Copper: 1.09mg (54.25%), Manganese: 1.02mg (51.24%), Vitamin B6: 0.77mg (38.54%), Vitamin B2: 0.57mg (33.65%), Magnesium: 132.25mg (33.06%), Phosphorus: 251.72mg (25.17%), Folate: 97.52µg (24.38%), Vitamin B1: 0.35mg (23.53%), Vitamin E: 3.15mg (21.02%), Iron: 3.3mg (18.33%), Calcium: 168.92mg (16.89%), Vitamin A: 841.51IU (16.83%), Vitamin B3: 2.67mg (13.34%), Vitamin B5: 1.25mg (12.52%), Zinc: 1.42mg (9.48%), Selenium: 1.15µg (1.64%)