



Pear-Applesauce with Amaretto

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



146 kcal

SIDE DISH

Ingredients

- 1 tablespoon amaretto
- 2.5 cups purée of usa bartlett pear cubed peeled
- 2 tablespoons brown sugar
- 3.5 cups apples i use 2 granny smith apples cubed peeled
- 2 tablespoons water

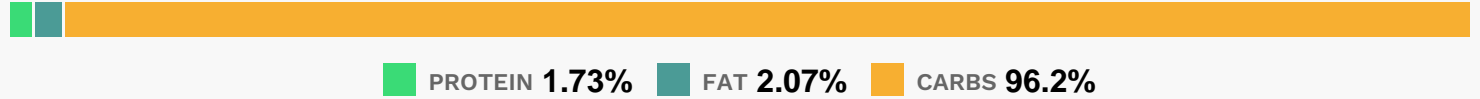
Equipment

- sauce pan

Directions

- Combine the first 3 ingredients in a large saucepan; cover and cook over low heat 40 minutes or until very tender. Mash to desired consistency; stir in sugar and amaretto.
- Serve at room temperature or chilled.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:8.26, Inflammation Score:-2, Nutrition Score:3.4482609130766%

Flavonoids

Cyanidin: 1.72mg, Cyanidin: 1.72mg, Cyanidin: 1.72mg, Cyanidin: 1.72mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 8.24mg, Epicatechin: 8.24mg, Epicatechin: 8.24mg, Epicatechin: 8.24mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg

Nutrients (% of daily need)

Calories: 146.35kcal (7.32%), Fat: 0.34g (0.52%), Saturated Fat: 0.03g (0.22%), Carbohydrates: 35.32g (11.77%), Net Carbohydrates: 29.98g (10.9%), Sugar: 26.88g (29.87%), Cholesterol: 0mg (0%), Sodium: 4.32mg (0.19%), Alcohol: 0.98g (100%), Alcohol %: 0.58% (100%), Protein: 0.64g (1.27%), Fiber: 5.34g (21.35%), Vitamin C: 8.88mg (10.77%), Potassium: 214.51mg (6.13%), Vitamin K: 5.73µg (5.46%), Copper: 0.1mg (5.17%), Manganese: 0.08mg (3.76%), Vitamin B6: 0.07mg (3.5%), Vitamin B2: 0.05mg (3.04%), Magnesium: 11.45mg (2.86%), Phosphorus: 22.12mg (2.21%), Folate: 8.59µg (2.15%), Vitamin E: 0.3mg (2.01%), Calcium: 19.68mg (1.97%), Vitamin B1: 0.03mg (1.95%), Iron: 0.34mg (1.9%), Vitamin A: 83.56IU (1.67%), Vitamin B3: 0.25mg (1.28%), Vitamin B5: 0.11mg (1.11%)