



Plum Applesauce

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



177 kcal

SIDE DISH

Ingredients

- 0.3 cup apple juice
- 2 pounds mcintosh apples
- 1 cinnamon sticks
- 1.5 pounds plums red
- 0.3 cup sugar
- 4 tablespoons butter unsalted

Equipment

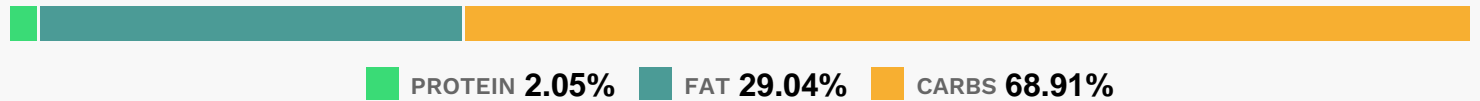
- potato masher

rice cooker

Directions

- Quarter the apples and plums, but leave their skins on; core the apples and remove the plum pits.
- Place the fruit in a 6-to-10-cup rice cooker.
- Add the apple juice, sugar, cinnamon sticks and butter. Cover and cook on the porridge cycle, or program for 50 minutes.
- Discard the cinnamon sticks. Stir and mash the fruit with a potato masher to make a chunky sauce.
- Serve warm or at room temperature.
- Photograph by Kana Okado

Nutrition Facts



Properties

Glycemic Index:23.31, Glycemic Load:12.15, Inflammation Score:-5, Nutrition Score:4.5113042780887%

Flavonoids

Cyanidin: 6.57mg, Cyanidin: 6.57mg, Cyanidin: 6.57mg, Cyanidin: 6.57mg Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg Catechin: 4.03mg, Catechin: 4.03mg, Catechin: 4.03mg, Catechin: 4.03mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 11.63mg, Epicatechin: 11.63mg, Epicatechin: 11.63mg, Epicatechin: 11.63mg Epicatechin 3-gallate: 0.66mg, Epicatechin 3-gallate: 0.66mg, Epicatechin 3-gallate: 0.66mg, Epicatechin 3-gallate: 0.66mg Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 5.36mg, Quercetin: 5.36mg, Quercetin: 5.36mg, Quercetin: 5.36mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 176.99kcal (8.85%), Fat: 6.14g (9.45%), Saturated Fat: 3.65g (22.78%), Carbohydrates: 32.8g (10.93%), Net Carbohydrates: 28.64g (10.42%), Sugar: 27.23g (30.25%), Cholesterol: 15.05mg (5.02%), Sodium: 2.32mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.95%), Fiber: 4.16g (16.64%), Vitamin C: 13.38mg (16.22%), Vitamin A: 530.95IU (10.62%), Manganese: 0.17mg (8.33%), Vitamin K: 8.56µg (8.16%), Potassium:

266.38mg (7.61%), Copper: 0.08mg (4.15%), Vitamin E: 0.6mg (3.99%), Vitamin B6: 0.07mg (3.67%), Vitamin B2: 0.06mg (3.33%), Magnesium: 12.41mg (3.1%), Vitamin B1: 0.05mg (3.01%), Phosphorus: 28.58mg (2.86%), Vitamin B3: 0.47mg (2.36%), Vitamin B5: 0.2mg (1.97%), Folate: 7.89µg (1.97%), Calcium: 18.65mg (1.87%), Iron: 0.33mg (1.84%)