



Raspberry Applesauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



303 kcal

SIDE DISH

Ingredients



24 ounce cinnamon-flavored applesauce



2 tablespoons brown sugar light



0.8 cup raspberries unsweetened frozen

Equipment

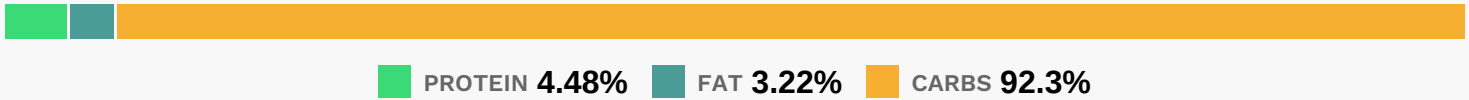


sauce pan

Directions

- ☐
- Combine applesauce and sugar in a saucepan; cook over medium-high heat until hot and bubbly, stirring frequently.
- ☐
- Remove from heat; stir in raspberries.
- ☐
- Let stand 5 minutes.
- ☐
- Serve warm or chilled.
- ☐
- Garnish with fresh raspberries, mint, and cinnamon sticks, if desired.

Nutrition Facts



Properties

Glycemic Index:5.17, Glycemic Load:1.77, Inflammation Score:-6, Nutrition Score:23.154347969138%

Flavonoids

Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 303.09kcal (15.15%), Fat: 1.5g (2.31%), Saturated Fat: 0.39g (2.46%), Carbohydrates: 97.1g (32.37%), Net Carbohydrates: 35.91g (13.06%), Sugar: 7g (7.78%), Cholesterol: 0mg (0%), Sodium: 12.61mg (0.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.42%), Manganese: 19.91mg (995.46%), Fiber: 61.19g (244.76%), Calcium: 1143.32mg (114.33%), Iron: 9.57mg (53.15%), Vitamin K: 36.55µg (34.81%), Copper: 0.4mg (19.99%), Vitamin E: 2.76mg (18.41%), Magnesium: 71.7mg (17.92%), Potassium: 516.72mg (14.76%), Zinc: 2.14mg (14.26%), Vitamin C: 8.24mg (9.99%), Vitamin B6: 0.19mg (9.45%), Vitamin B3: 1.6mg (8.02%), Phosphorus: 77.08mg (7.71%), Vitamin A: 339.47IU (6.79%), Selenium: 3.59µg (5.13%), Vitamin B5: 0.46mg (4.61%), Vitamin B2: 0.05mg (3.07%), Folate: 9.99µg (2.5%), Vitamin B1: 0.03mg (1.98%)