

Raspberry-Cinnamon Applesauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



95 min.

SERVINGS



35

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cinnamon sticks
- 10 oz raspberries in lite syrup red frozen thawed
- 2 Tbsp sugar
- 4 lb tart cooking apples cored peeled coarsely chopped

Equipment

- dutch oven

Directions

- Place apples, raspberries and cinnamon sticks in Dutch oven. Bring to boil on medium-high heat. Reduce heat to low; cover. Simmer 15 to 20 min. or until apples are tender, stirring occasionally.
- Stir in sugar.
- Remove and discard cinnamon sticks. Cool to room temperature; cover.
- Refrigerate at least 1 hour or until ready to serve.

Nutrition Facts

PROTEIN 1.74% **FAT 2.51%** **CARBS 95.75%**

Properties

Glycemic Index:3.06, Glycemic Load:2.37, Inflammation Score:-1, Nutrition Score:0.995217397971%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 3.9mg, Epicatechin: 3.9mg, Epicatechin: 3.9mg, Epicatechin: 3.9mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 30.34kcal (1.52%), Fat: 0.09g (0.14%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 8.08g (2.69%), Net Carbohydrates: 6.68g (2.43%), Sugar: 6.08g (6.76%), Cholesterol: 0mg (0%), Sodium: 0.56mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.29%), Fiber: 1.4g (5.61%), Manganese: 0.07mg (3.53%), Vitamin C: 2.4mg (2.9%), Potassium: 56.77mg (1.62%), Vitamin K: 1.23µg (1.18%), Vitamin B6: 0.02mg (1.09%)