

Raspberry-Cinnamon Applesauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



95 min.

SERVINGS



10

CALORIES



106 kcal

SIDE DISH

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

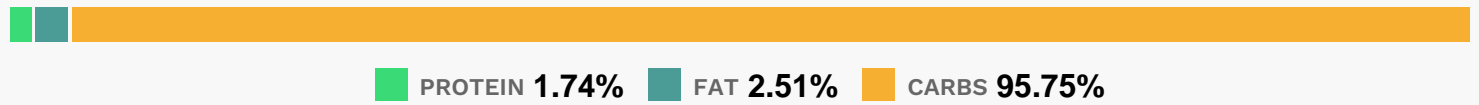
Equipment

- 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



Properties

Glycemic Index:10.71, Glycemic Load:8.31, Inflammation Score:-2, Nutrition Score:3.4817391196671%

Flavonoids

Cyanidin: 2.85mg, Cyanidin: 2.85mg, Cyanidin: 2.85mg, Cyanidin: 2.85mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.66mg, Epicatechin: 13.66mg, Epicatechin: 13.66mg, Epicatechin: 13.66mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg

Nutrients (% of daily need)

Calories: 106.18kcal (5.31%), Fat: 0.33g (0.51%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 28.27g (9.42%), Net Carbohydrates: 23.36g (8.5%), Sugar: 21.29g (23.65%), Cholesterol: 0mg (0%), Sodium: 1.94mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.03%), Fiber: 4.91g (19.65%), Manganese: 0.25mg (12.35%), Vitamin C: 8.39mg (10.16%), Potassium: 198.71mg (5.68%), Vitamin K: 4.32µg (4.11%), Vitamin B6: 0.08mg (3.8%), Vitamin B2: 0.05mg (2.83%), Copper: 0.05mg (2.64%), Magnesium: 9.7mg (2.43%), Vitamin E: 0.35mg (2.34%), Calcium: 21.43mg (2.14%), Vitamin B1: 0.03mg (2.07%), Phosphorus: 20.63mg (2.06%), Vitamin A: 101.07IU (2.02%), Iron: 0.31mg (1.7%), Folate: 5.51µg (1.38%), Vitamin B5: 0.11mg (1.14%)