



## Raw Spiced Applesauce

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



132 kcal

SIDE DISH

### Ingredients

- 0.1 teaspoon cinnamon
- 0.3 teaspoon ground cardamom
- 1 pinch kosher salt
- 2 tablespoons orange juice fresh
- 0.5 teaspoon orange zest
- 0.3 cup pecans toasted chopped
- 0.3 cup greek yogurt plain low-fat
- 1.3 lbs delicious apples red cored unpeeled cut into small chunks

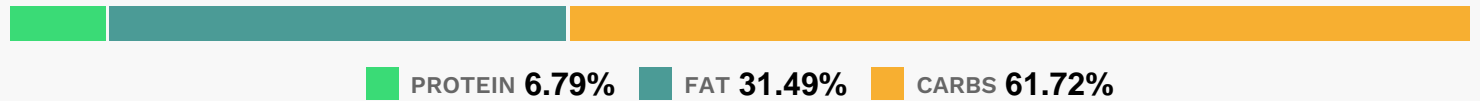
## Equipment

- food processor
- bowl

## Directions

- Combine apples, zest, juice, cardamom, cinnamon, and salt in a food processor and whirl until smoothly pured, 3 to 5 minutes, scraping down sides of bowl if necessary. (Bits of peel will be visible.)
- Divide among 4 bowls. Top each serving with a dollop of yogurt and some pecans.

## Nutrition Facts



## Properties

Glycemic Index:26, Glycemic Load:5.65, Inflammation Score:-3, Nutrition Score:4.3273913432723%

## Flavonoids

Cyanidin: 2.89mg, Cyanidin: 2.89mg, Cyanidin: 2.89mg, Cyanidin: 2.89mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg Epicatechin: 10.72mg, Epicatechin: 10.72mg, Epicatechin: 10.72mg, Epicatechin: 10.72mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg

## Nutrients (% of daily need)

Calories: 131.81kcal (6.59%), Fat: 5.01g (7.7%), Saturated Fat: 0.59g (3.72%), Carbohydrates: 22.07g (7.36%), Net Carbohydrates: 17.96g (6.53%), Sugar: 16.27g (18.08%), Cholesterol: 0.82mg (0.27%), Sodium: 17.02mg (0.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Manganese: 0.38mg (18.76%), Fiber: 4.11g (16.43%), Vitamin C: 11.21mg (13.58%), Copper: 0.12mg (5.86%), Potassium: 196.24mg (5.61%), Vitamin B1: 0.07mg

(4.88%), Magnesium: 15.89mg (3.97%), Vitamin B6: 0.08mg (3.77%), Phosphorus: 34.49mg (3.45%), Vitamin K: 3.36µg (3.2%), Calcium: 31.81mg (3.18%), Vitamin B2: 0.05mg (2.82%), Zinc: 0.35mg (2.35%), Vitamin E: 0.35mg (2.31%), Vitamin A: 106.44IU (2.13%), Folate: 8.24µg (2.06%), Iron: 0.37mg (2.05%), Vitamin B5: 0.16mg (1.57%), Vitamin B3: 0.24mg (1.2%)