



Red Currant and Peach Applesauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



183 kcal

SIDE DISH

Ingredients

- 12 small apples cored peeled sliced
- 1 tablespoon marjoram dried
- 0.5 teaspoon ground allspice
- 0.5 teaspoon ground ginger
- 5 small peaches fresh pitted peeled sliced
- 4 cups currants fresh red
- 0.5 cup hibiscus herbal tea brewed

Equipment

frying pan

wok

Directions

Bring the apples, peaches, and tea to a light boil in a large wok-style pan. Reduce heat to medium-high heat; cook and stir until fruit is soft, about 30 minutes.

Drain any excess liquid from the pan.

Let fruit mixture cool slightly.

Stir marjoram, ground ginger, ground allspice into the fruit mixture. Fold currants into the mixture.

Nutrition Facts

PROTEIN **4.23%** FAT **3.29%** CARBS **92.48%**

Properties

Glycemic Index:10.91, Glycemic Load:10.98, Inflammation Score:-6, Nutrition Score:9.3060869755952%

Flavonoids

Cyanidin: 5.07mg, Cyanidin: 5.07mg, Cyanidin: 5.07mg, Cyanidin: 5.07mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 7.13mg, Catechin: 7.13mg, Catechin: 7.13mg, Catechin: 7.13mg Epigallocatechin: 2.61mg, Epigallocatechin: 2.61mg, Epigallocatechin: 2.61mg, Epigallocatechin: 2.61mg Epicatechin: 19.05mg, Epicatechin: 19.05mg, Epicatechin: 19.05mg, Epicatechin: 19.05mg Epicatechin 3-gallate: 0.89mg, Epicatechin 3-gallate: 0.89mg, Epicatechin 3-gallate: 0.89mg, Epicatechin 3-gallate: 0.89mg Epigallocatechin 3-gallate: 2.05mg, Epigallocatechin 3-gallate: 2.05mg, Epigallocatechin 3-gallate: 2.05mg, Epigallocatechin 3-gallate: 2.05mg Theaflavin: 0.23mg, Theaflavin: 0.23mg, Theaflavin: 0.23mg, Theaflavin: 0.23mg Thearubigins: 11.99mg, Thearubigins: 11.99mg, Thearubigins: 11.99mg, Thearubigins: 11.99mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 9.82mg, Quercetin: 9.82mg, Quercetin: 9.82mg, Quercetin: 9.82mg Theaflavin-3,3'-digallate: 0.26mg, Theaflavin-3,3'-digallate: 0.26mg, Theaflavin-3,3'-digallate: 0.26mg, Theaflavin-3,3'-digallate: 0.26mg Theaflavin-3'-gallate: 0.22mg, Theaflavin-3'-gallate: 0.22mg, Theaflavin-3'-gallate: 0.22mg, Theaflavin-3'-gallate: 0.22mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 183.28kcal (9.16%), Fat: 0.75g (1.15%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 47.15g (15.72%), Net Carbohydrates: 38.02g (13.82%), Sugar: 34.2g (38%), Cholesterol: 0mg (0%), Sodium: 14.12mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.31%), Vitamin C: 36.75mg (44.55%), Fiber: 9.14g (36.54%), Manganese: 0.32mg (16.16%), Potassium: 504.49mg (14.41%), Vitamin K: 15.07µg (14.35%), Copper: 0.19mg (9.46%), Vitamin A: 429.97IU (8.6%), Vitamin B6: 0.16mg (7.76%), Iron: 1.35mg (7.49%), Vitamin E: 1.06mg (7.04%), Phosphorus: 68.36mg (6.84%), Vitamin B2: 0.11mg (6.73%), Magnesium: 26.7mg (6.67%), Vitamin B1: 0.08mg (5.39%), Vitamin B3: 0.94mg (4.7%), Folate: 17.54µg (4.39%), Calcium: 41.08mg (4.11%), Selenium: 2.13µg (3.04%), Vitamin B5: 0.3mg (2.99%), Zinc: 0.42mg (2.82%)