

Rustic Applesauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



145 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 2 tablespoons crème fraîche
- ☐ 4 cups apples i use 2 granny smith apples cubed peeled
- ☐ 1 teaspoon ground cinnamon
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated
- ☐ 4 cups pink lady apples cubed peeled
- ☐ 1 Dash salt

☐

1 teaspoon vanilla extract

Equipment

☐

potato masher

☐

dutch oven

Directions

☐

Combine first 8 ingredients in a Dutch oven over medium heat. Cook 25 minutes or until apples are tender, stirring occasionally.

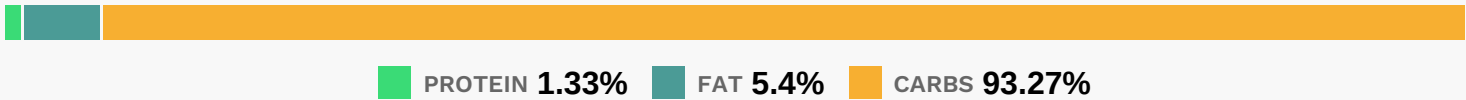
☐

Remove from heat; mash to desired consistency with a fork or potato masher. Stir in crme frache.

☐

Serve warm or chilled.

Nutrition Facts



Properties

Glycemic Index:9.86, Glycemic Load:5.22, Inflammation Score:-2, Nutrition Score:2.9978261236911%

Flavonoids

Cyanidin: 2.24mg, Cyanidin: 2.24mg, Cyanidin: 2.24mg, Cyanidin: 2.24mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 10.76mg, Epicatechin: 10.76mg, Epicatechin: 10.76mg, Epicatechin: 10.76mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg 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: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg

Nutrients (% of daily need)

Calories: 144.82kcal (7.24%), Fat: 0.93g (1.43%), Saturated Fat: 0.39g (2.44%), Carbohydrates: 36.13g (12.04%), Net Carbohydrates: 32.47g (11.81%), Sugar: 30.48g (33.87%), Cholesterol: 2.02mg (0.67%), Sodium: 12.61mg (0.55%),

Alcohol: 0.2g (100%), Alcohol %: 0.15% (100%), Protein: 0.52g (1.03%), Fiber: 3.66g (14.64%), Vitamin C: 9.84mg (11.93%), Manganese: 0.11mg (5.62%), Potassium: 187.66mg (5.36%), Vitamin B6: 0.07mg (3.55%), Vitamin K: 3.28µg (3.13%), Calcium: 29.16mg (2.92%), Vitamin B2: 0.05mg (2.65%), Copper: 0.05mg (2.48%), Magnesium: 9.61mg (2.4%), Vitamin A: 100.02IU (2%), Phosphorus: 19.75mg (1.97%), Vitamin E: 0.29mg (1.92%), Vitamin B1: 0.03mg (1.8%), Iron: 0.32mg (1.78%), Folate: 6.03µg (1.51%), Vitamin B5: 0.13mg (1.31%)