



Sarah's Applesauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



143 kcal

SIDE DISH

Ingredients

- 4 apples cored peeled chopped
- 0.5 teaspoon ground cinnamon
- 0.8 cup water
- 0.3 cup sugar white

Equipment

- sauce pan
- potato masher

Directions

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.

Nutrition Facts

 PROTEIN 1.24%  FAT 2.03%  CARBS 96.73%

Properties

Glycemic Index:26.77, Glycemic Load:15.37, Inflammation Score:-2, Nutrition Score:3.0513043452216%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg 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: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 143.38kcal (7.17%), Fat: 0.35g (0.54%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 37.77g (12.59%), Net Carbohydrates: 33.27g (12.1%), Sugar: 31.41g (34.9%), Cholesterol: 0mg (0%), Sodium: 4.19mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.97%), Fiber: 4.5g (18%), Vitamin C: 8.38mg (10.16%), Potassium: 196.07mg (5.6%), Manganese: 0.11mg (5.39%), Vitamin K: 4.08µg (3.89%), Vitamin B6: 0.08mg (3.75%), Vitamin B2: 0.05mg (2.93%), Copper: 0.06mg (2.9%), Magnesium: 9.69mg (2.42%), Vitamin E: 0.33mg (2.22%), Vitamin B1: 0.03mg (2.07%), Phosphorus: 20.18mg (2.02%), Vitamin A: 99.02IU (1.98%), Calcium: 14.88mg (1.49%), Folate: 5.47µg (1.37%), Iron: 0.25mg (1.36%), Vitamin B5: 0.11mg (1.12%)