



Savory Applesauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



155 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple cider
- ☐ 0.3 cup butter
- ☐ 3 granny smith apples peeled coarsely chopped
- ☐ 2 tablespoons horseradish prepared
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup sugar

Equipment

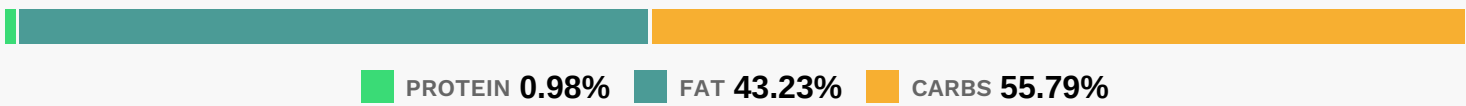
- ☐ food processor

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Bring first 4 ingredients to a boil in a saucepan; reduce heat, and simmer 15 minutes. Cool slightly; discard cloves.
- ☐ Process apple mixture in a blender or food processor, in batches, until smooth. Return to saucepan, and stir in butter, horseradish, and lemon juice. Cook over low heat 2 to 3 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:29.64, Glycemic Load:9.72, Inflammation Score:-4, Nutrition Score:2.2643478227698%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 7.32mg, Epicatechin: 7.32mg, Epicatechin: 7.32mg, Epicatechin: 7.32mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 154.88kcal (7.74%), Fat: 7.85g (12.07%), Saturated Fat: 1.61g (10.08%), Carbohydrates: 22.79g (7.6%), Net Carbohydrates: 20.42g (7.42%), Sugar: 19.19g (21.32%), Cholesterol: 0mg (0%), Sodium: 111.6mg (4.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.8%), Fiber: 2.38g (9.5%), Vitamin C: 6.51mg (7.89%), Vitamin A: 387.81IU (7.76%), Potassium: 126.32mg (3.61%), Vitamin E: 0.46mg (3.08%), Manganese: 0.05mg (2.3%), Vitamin B6: 0.04mg (2.24%), Vitamin K: 2.07µg (1.97%), Vitamin B2: 0.03mg (1.88%), Magnesium: 6.83mg (1.71%), Folate: 6.17µg (1.54%), Copper: 0.03mg (1.48%), Phosphorus: 14.62mg (1.46%), Vitamin B1: 0.02mg (1.3%), Calcium: 12.12mg (1.21%)