



## Slow Cooked Apple Peach Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



310 min.

SERVINGS



12

CALORIES



102 kcal

SAUCE

### Ingredients

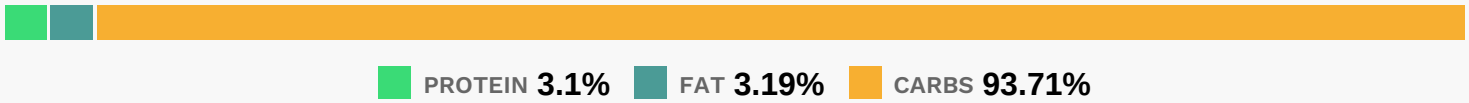
- ☐ 10 macintosh apples cored chopped
- ☐ 1 tablespoon ground cinnamon
- ☐ 4 peaches fresh pitted chopped

### Equipment

### Directions

Put fruit into a slow-cooker; sprinkle with cinnamon. Turn slow-cooker to high. Cover, and cook for 3 hours on high, then switch to low for 2 hours. Stir before serving.

## Nutrition Facts



### Properties

Glycemic Index:6.44, Glycemic Load:7.27, Inflammation Score:-4, Nutrition Score:4.0513043559116%

### Flavonoids

Cyanidin: 3.34mg, Cyanidin: 3.34mg, Cyanidin: 3.34mg, Cyanidin: 3.34mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 4.43mg, Catechin: 4.43mg, Catechin: 4.43mg, Catechin: 4.43mg Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg Epicatechin: 12.59mg, Epicatechin: 12.59mg, Epicatechin: 12.59mg, Epicatechin: 12.59mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 6.41mg, Quercetin: 6.41mg, Quercetin: 6.41mg, Quercetin: 6.41mg

### Nutrients (% of daily need)

Calories: 101.51kcal (5.08%), Fat: 0.4g (0.62%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 26.52g (8.84%), Net Carbohydrates: 21.77g (7.92%), Sugar: 19.98g (22.2%), Cholesterol: 0mg (0%), Sodium: 8.08mg (0.35%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.88g (1.75%), Fiber: 4.74g (18.98%), Vitamin C: 9.05mg (10.97%), Manganese: 0.2mg (10%), Potassium: 226.16mg (6.46%), Vitamin A: 246.87IU (4.94%), Vitamin K: 5.04µg (4.8%), Vitamin E: 0.65mg (4.36%), Copper: 0.08mg (4.11%), Vitamin B6: 0.08mg (3.79%), Vitamin B2: 0.06mg (3.25%), Magnesium: 11.98mg (3%), Phosphorus: 28.11mg (2.81%), Vitamin B3: 0.55mg (2.75%), Vitamin B1: 0.04mg (2.53%), Iron: 0.41mg (2.26%), Folate: 7.59µg (1.9%), Calcium: 17.78mg (1.78%), Vitamin B5: 0.17mg (1.71%), Selenium: 1.07µg (1.53%), Zinc: 0.19mg (1.25%)