



Slow Cooked Applesauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



75 kcal

SIDE DISH

Ingredients

- 5 apples
- 1 cup water (more if necessary)
- 3 tablespoons brown sugar
- 3 tablespoons brown sugar
- 0.5 teaspoon cinnamon
- 1 pinch nutmeg
- 1 pinch salt

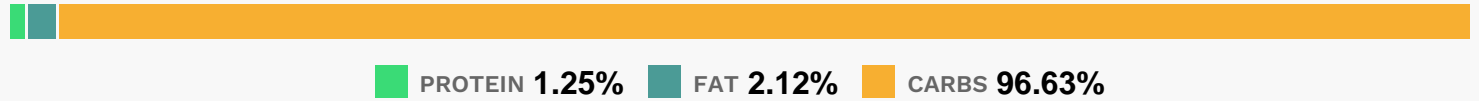
Equipment

- pot
- stove

Directions

- Peel and core apples. Thinly slice and rough chop them.
- Add them to a medium-to large pot over medium-high heat on the stove.
- Add water and stir. Once the water starts to simmer, reduce heat to med-low and stir.
- Add cinnamon, nutmeg and salt and stir. Cook over medium low heat for 2 hours, stirring occasionally. Depending on how you like the consistency of your applesauce, cook another hour for softer sauce.

Nutrition Facts



Properties

Glycemic Index:10.7, Glycemic Load:3.34, Inflammation Score:-1, Nutrition Score:1.6195652173913%

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: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg 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 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: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Taste

Sweetness: 100%, Saltiness: 5.48%, Sourness: 49.43%, Bitterness: 20.47%, Savoriness: 4.78%, Fattiness: 5.79%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 75.45kcal (3.77%), Fat: 0.19g (0.3%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 19.75g (6.58%), Net Carbohydrates: 17.49g (6.36%), Sugar: 16.48g (18.31%), Cholesterol: 0mg (0%), Sodium: 8.01mg (0.35%), Protein: 0.26g (0.51%), Fiber: 2.26g (9.03%), Vitamin C: 4.19mg (5.08%), Potassium: 107.73mg (3.08%), Manganese: 0.06mg

(2.84%), Vitamin B6: 0.04mg (2.03%), Vitamin K: 2.03µg (1.94%), Copper: 0.03mg (1.66%), Magnesium: 5.68mg (1.42%), Vitamin B2: 0.02mg (1.4%), Calcium: 13.33mg (1.33%), Vitamin E: 0.17mg (1.11%), Phosphorus: 10.58mg (1.06%), Vitamin B1: 0.02mg (1.06%)