



Slow Cooker Cider Applesauce (No Sugar Added)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



250 min.

SERVINGS



16

CALORIES



76 kcal

BEVERAGE

DRINK

Ingredients

- 5 pounds apples cored peeled thinly sliced
- 1.5 tablespoons ground cinnamon
- 0.5 teaspoon ground cloves
- 0.3 teaspoon ground nutmeg

Equipment

- whisk
- slow cooker

immersion blender

Directions

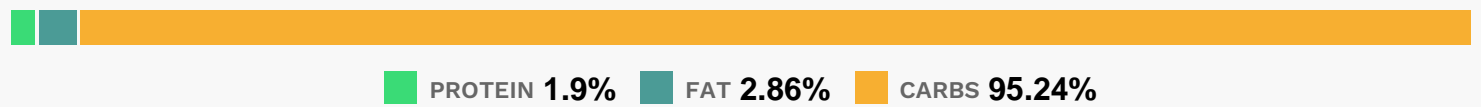
Layer apples into a slow cooker.

Sprinkle cinnamon, cloves, and nutmeg over the apples.

Cook on High until apples are soft, 4 to 5 hours.

Whisk apples vigorously for a chunkier-style applesauce. Puree with an immersion blender for a smoother applesauce.

Nutrition Facts



Properties

Glycemic Index:6.69, Glycemic Load:5.19, Inflammation Score:-2, Nutrition Score:2.7817391393625%

Flavonoids

Cyanidin: 2.23mg, Cyanidin: 2.23mg, Cyanidin: 2.23mg, Cyanidin: 2.23mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 10.67mg, Epicatechin: 10.67mg, Epicatechin: 10.67mg, Epicatechin: 10.67mg 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 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: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 75.9kcal (3.79%), Fat: 0.27g (0.41%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 20.22g (6.74%), Net Carbohydrates: 16.39g (5.96%), Sugar: 14.77g (16.41%), Cholesterol: 0mg (0%), Sodium: 1.67mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.81%), Fiber: 3.83g (15.31%), Manganese: 0.22mg (10.95%), Vitamin C: 6.55mg (7.94%), Potassium: 155.65mg (4.45%), Vitamin K: 3.44µg (3.28%), Vitamin B6: 0.06mg (2.98%), Vitamin B2: 0.04mg (2.2%), Copper: 0.04mg (2.07%), Magnesium: 7.76mg (1.94%), Vitamin E: 0.28mg (1.85%), Calcium: 16.47mg (1.65%), Vitamin B1: 0.02mg (1.63%), Phosphorus: 16.2mg (1.62%), Vitamin A: 78.89IU (1.58%), Iron: 0.24mg (1.34%), Folate: 4.34µg (1.08%)