



Spiced Applesauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



118 kcal

SIDE DISH

Ingredients

- 0.5 cup brown sugar packed
- 1 teaspoon pumpkin pie spice
- 8 golden delicious apples cored cubed peeled
- 0.5 cup water

Equipment

- wooden spoon
- slow cooker

Directions

- Combine all ingredients in a slow cooker; stir to mix.
- Cover and cook on low setting for 8 to 10 hours, or on high setting for 3 to 4 hours.
- When done, stir with a wooden spoon. Gently crush applesauce against side of slow cooker to desired consistency.

Nutrition Facts

PROTEIN 1.26% **FAT 1.92%** **CARBS 96.82%**

Properties

Glycemic Index:3.2, Glycemic Load:5.31, Inflammation Score:-2, Nutrition Score:2.5500000158082%

Flavonoids

Cyanidin: 2.29mg, Cyanidin: 2.29mg, Cyanidin: 2.29mg, Cyanidin: 2.29mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 10.96mg, Epicatechin: 10.96mg, Epicatechin: 10.96mg, Epicatechin: 10.96mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg 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: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg

Nutrients (% of daily need)

Calories: 118.2kcal (5.91%), Fat: 0.27g (0.42%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 31.02g (10.34%), Net Carbohydrates: 27.5g (10%), Sugar: 25.83g (28.7%), Cholesterol: 0mg (0%), Sodium: 5.23mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.81%), Fiber: 3.52g (14.1%), Vitamin C: 6.74mg (8.18%), Potassium: 171.75mg (4.91%), Manganese: 0.09mg (4.48%), Vitamin B6: 0.06mg (3.25%), Vitamin K: 3.26µg (3.1%), Copper: 0.05mg (2.37%), Vitamin B2: 0.04mg (2.24%), Magnesium: 8.66mg (2.17%), Calcium: 19.58mg (1.96%), Vitamin E: 0.27mg (1.77%), Vitamin B1: 0.03mg (1.67%), Phosphorus: 16.69mg (1.67%), Iron: 0.29mg (1.62%), Vitamin A: 79.15IU (1.58%), Folate: 4.53µg (1.13%), Vitamin B5: 0.1mg (1.03%)