



## Spiced Applesauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



97 kcal

SIDE DISH

### Ingredients

- 2 pounds apples such as honeycrisp firm cored peeled roughly chopped ( 4)
- 0.3 cup lightly brown sugar dark packed
- 0.5 teaspoon cinnamon
- 1 teaspoon ginger fresh grated
- 0.1 teaspoon ground cloves
- 1 teaspoon ground ginger
- 0.1 teaspoon nutmeg
- 0.8 cup orange juice

1 pinch salt

## Equipment

frying pan

sauce pan

potato masher

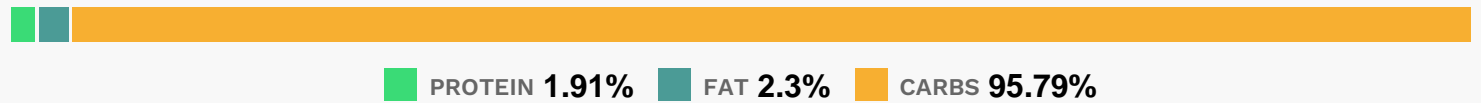
## Directions

Combine all ingredients in a medium saucepan and bring to a low boil over medium heat, stirring often.

Reduce heat to low, cover pan and simmer, stirring occasionally, until apples are tender, about 25 minutes.

Let cool 5 minutes and mash with a potato masher.

## Nutrition Facts



## Properties

Glycemic Index:21.75, Glycemic Load:5.38, Inflammation Score:-3, Nutrition Score:3.2886956917203%

## Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.78mg, Hesperetin: 2.78mg, Hesperetin: 2.78mg, Hesperetin: 2.78mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg

## Nutrients (% of daily need)

Calories: 97.15kcal (4.86%), Fat: 0.27g (0.41%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 25.17g (8.39%), Net Carbohydrates: 22.28g (8.1%), Sugar: 20.44g (22.71%), Cholesterol: 0mg (0%), Sodium: 8.34mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1%), Vitamin C: 16.86mg (20.44%), Fiber: 2.89g (11.57%), Manganese: 0.17mg (8.64%), Potassium: 182.29mg (5.21%), Vitamin B6: 0.06mg (3.05%), Vitamin B1: 0.04mg (2.7%), Folate: 10.54µg (2.64%), Vitamin K: 2.6µg (2.48%), Magnesium: 9.7mg (2.43%), Copper: 0.05mg (2.34%), Vitamin B2: 0.04mg (2.18%), Vitamin A: 108.26IU (2.17%), Phosphorus: 17.39mg (1.74%), Calcium: 16.9mg (1.69%), Iron: 0.3mg (1.65%), Vitamin E: 0.22mg (1.46%), Vitamin B5: 0.12mg (1.25%), Vitamin B3: 0.23mg (1.16%)