



Spiced-Thyme Applesauce

 Vegetarian  Gluten Free

READY IN



17 min.

SERVINGS



10

CALORIES



34 kcal

SIDE DISH

Ingredients

- 1 cup chunky applesauce
- 1 tablespoon butter
- 1 teaspoon ginger fresh finely grated
- 0.8 teaspoon thyme leaves fresh finely chopped
- 0.1 teaspoon ground cloves
- 0.1 teaspoon kosher salt
- 1 teaspoon juice of lemon fresh
- 1 large pears ripe peeled finely chopped

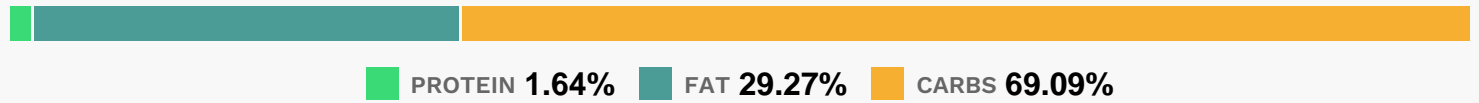
Equipment

- bowl
- sauce pan
- microwave

Directions

- Stir together all ingredients in a medium saucepan. Bring to a boil over medium-high heat, stirring often; reduce heat to low, and simmer, stirring occasionally, 5 to 7 minutes or until pear is tender.
- Note: For testing purposes only, we used Musselman's Chunky Apple Sauce. To make ahead, prepare recipe as directed. Store in an airtight container in refrigerator up to 2 days. Microwave in a microwave-safe glass bowl at HIGH 1 to 2 minutes or until thoroughly heated, stirring at 30-second intervals.

Nutrition Facts



Properties

Glycemic Index:14.68, Glycemic Load:1.03, Inflammation Score:-2, Nutrition Score:0.85782609782789%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 2.18mg, Epicatechin: 2.18mg, Epicatechin: 2.18mg, Epicatechin: 2.18mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 33.89kcal (1.69%), Fat: 1.2g (1.85%), Saturated Fat: 0.73g (4.56%), Carbohydrates: 6.38g (2.13%), Net Carbohydrates: 5.36g (1.95%), Sugar: 4.55g (5.06%), Cholesterol: 3.01mg (1%), Sodium: 38.9mg (1.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.3%), Fiber: 1.02g (4.07%), Vitamin C: 1.68mg (2.03%), Manganese:

0.04mg (1.77%), Potassium: 47.59mg (1.36%), Copper: 0.03mg (1.35%), Vitamin K: 1.27µg (1.21%), Vitamin A: 55.01IU (1.1%)