



## Spiced Thyme Applesauce

 **Gluten Free**  **Dairy Free**

READY IN



**20 min.**

SERVINGS



**20**

CALORIES



**18 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### 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

20 servings garnish: thyme sprig fresh

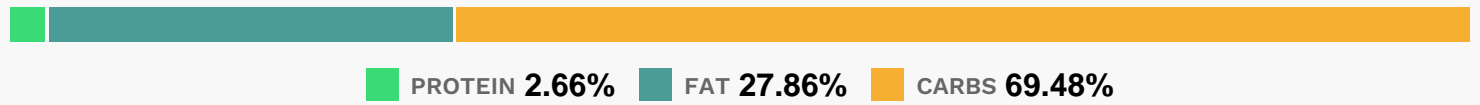
## Equipment

- bowl
- sauce pan
- microwave

## Directions

- Stir together all ingredients in a saucepan. Bring to a boil, stirring often, over medium-high heat. Reduce heat to low; simmer, stirring occasionally, 5 to 7 minutes or until pear is tender.
- Garnish, if desired.
- Note: We tested with Musselman's Chunky Apple Sauce. To make ahead, prepare as directed. Cool completely (about 45 minutes). 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:7.09, Glycemic Load:0.56, Inflammation Score:-7, Nutrition Score:0.76043478180857%

## Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## Nutrients (% of daily need)

Calories: 17.97kcal (0.9%), Fat: 0.61g (0.94%), Saturated Fat: 0.13g (0.79%), Carbohydrates: 3.44g (1.15%), Net Carbohydrates: 2.79g (1.01%), Sugar: 2.28g (2.53%), Cholesterol: 0mg (0%), Sodium: 21.64mg (0.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.26%), Vitamin C: 2.44mg (2.96%), Fiber: 0.65g (2.59%), Manganese: 0.03mg (1.74%), Vitamin A: 82.56IU (1.65%), Iron: 0.24mg (1.33%)