

Applesauce

Source: The Jewish Vegetarian Year Cookbook by Roberta Kalechofsky; published by Micah Publications

Applesauce is a great source of fiber and vitamin C. Nutrient information varies based on quantity eaten.

About the Recipe

86 Calories · 0.2g Protein · - Fiber
Snack

Ingredients

Makes 8 Servings

- 6 apples (Cortland, Granny Smith, or McIntosh)
- 2 c (475 mL) water
- 1/4 c (60 mL) sugar
- lemon juice **optional*

Directions

1. Quarter the apples and place in pot with just enough water almost to cover. Bring to a boil over medium-high heat, reduce to simmer, and cook until tender, about 10 minutes. Put through food mill. Add sugar and juice of lemon to taste, if needed. Simmer about 3 minutes or until slightly thickened. Makes about 4 c (950 mL).

Nutrition Facts

Per serving

Calories: 95 kcal

Fat: <0 g

Saturated Fat: 0 g

Calories From Fat: 1%

Cholesterol: 0 mg

Protein: <0.5 g

Carbohydrates: 22 g

Sugar: 20 g

Fiber: 3 g

Sodium: 4 mg

Calcium: 10 mg

Iron: 0 mg

Vitamin C: 6 mg

Beta-Carotene: 44 mcg

Vitamin E: <0.5 mg