# 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