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

- apples - Cortlands, Granny Smiths, or Macs (6)
- water (to cover)
- sugar (1/4 cup or less)
- lemon juice (to taste)

Directions

1. Quarter the apples and place in pot with 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 lemon juice to taste, if needed. Simmer about 3 minutes or until slightly thickened. Makes about 4 cups.

Nutrition Facts

Per serving

Calories:
Protein: 0.2 g
Carbohydrate: 22 g
Fat: 0.4 g
   Calories from Fat: 4%
Cholesterol: 0 mg
Sodium: 0.08 mg