



A Nutrition Resource

EASY HOMEMADE APPLESAUCE

Yield: 6 Servings | Serving Size: 3/4 cup to 1 cup

Cost/serving: \$0.94

Ingredients:

6 apples, peeled, cored, and chopped
1 cup water
2 teaspoons cinnamon (or to taste)
Sugar (optional - up to 1/8 cup)

Directions:

- 1) Place all Ingredients in a pot on the stovetop and bring to a boil. Reduce heat to simmer and cover with lid.
- 2) Simmer apples for about 20 minutes or until soft. The smaller the pieces of apple, the faster the cook time. Cooking time may be quite a bit longer than 20 minutes, depending on the type of apple.
- 3) Remove from heat and mash with a potato masher for chunkier applesauce or put in food processor or blender for smoother texture.

Tip: Applesauce is great plain, mixed with peanut butter for a sandwich spread, used as a sauce on pancakes, waffles, or French toast, or stirred into yogurt.

Nutrition Facts

6 servings per container
Serving size 3/4 cup to 1 cup (203g)

Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 5g	18%
Total Sugars 19g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0mg	0%
Potassium 198mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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