

# Homemade Applesauce

Susan Russo - OneForTheTable.com  
Palm Beach Post

## Yield: 5 cups

8 (about 8 cups) McIntosh or Rome  
Beauty apples, peeled and chopped  
3 cups water  
2 tablespoons sugar  
1/2 tablespoon ground cinnamon

Place the chopped apples in a deep pot. Add the water, sugar and cinnamon. Bring to a boil for 10 minutes or until the apples begin to break down.

Lower to a simmer and cook for 15 to 20 minutes or until the apples are completely soft. Stir well with a spoon until a thick sauce forms.

Leave a few lumps and bumps in it or puree' it in a blender for a smooth finish. Make sure to let it cool first before pouring it into the blender! Otherwise, it will blow the cover off.

Let the sauce cool before serving.

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Per Serving (excluding unknown items): 106 Calories; trace Fat (0.8% calories from fat); trace Protein; 28g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 22mg Sodium. Exchanges: 0 Grain(Starch); 0 Fat; 1 1/2 Other Carbohydrates.

Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	106	Vitamin B6 (mg):	trace
% Calories from Fat:	0.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	98.7%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	1mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0 0%

Carbohydrate (g): 28g  
 Dietary Fiber (g): 2g  
 Protein (g): trace  
 Sodium (mg): 22mg  
 Potassium (mg): 17mg  
 Calcium (mg): 56mg  
 Iron (mg): 1mg  
 Zinc (mg): trace  
 Vitamin C (mg): 1mg  
 Vitamin A (i.u.): 9IU  
 Vitamin A (r.e.): 1RE

### Food Exchanges

Grain (Starch): 0  
 Lean Meat: 0  
 Vegetable: 0  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 0  
 Other Carbohydrates: 1 1/2

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## Nutrition Facts

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### Amount Per Serving

**Calories** 106 Calories from Fat: 1

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### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	22mg	1%
<b>Total Carbohydrates</b>	28g	9%
Dietary Fiber	2g	7%
<b>Protein</b>	trace	
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<b>Vitamin A</b>		0%
<b>Vitamin C</b>		2%
<b>Calcium</b>		6%
<b>Iron</b>		8%

\* Percent Daily Values are based on a 2000 calorie diet.