

Chunky-Style Applesauce

This goes really great with pork of any type.

10 med size apples, cored and peeled
1/2 cup water

1 tsp cinnamon (ground)
2/3 cup sugar

Procedure

1. Chop the apples into small bite-size pieces. 2. Put all ingredients into the Crock-Pot. 3. Cover and cook on Low for 8 to 10 hours or on High for 3 to 4 hours. 4. After about 1 hour of cooking time, take a slotted spoon and mash the apples to the side of the pot. 5. Continue to mash the apples as often as needed to get the consistency of the applesauce that you desire. Serve warm. Add cream if desired.

Servings: 4

Yield: 1/4 cup

Degree of Difficulty: Very easy

Preparation Time: 30 minutes

Cooking Time: 3 hours and 20 minutes

Inactive Time:

Total Time: 3 hours and 50 minutes

Nutrition Facts

Serving size: 1/4 of a recipe (13.3 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 1500 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	314.88
Calories From Fat (3%)	9.31
% Daily Value	
Total Fat 1.14g	2%
Saturated Fat 0.18g	1%
Cholesterol 0mg	0%
Sodium 1.37mg	<1%
Potassium 362.92mg	14%
Total Carbohydrates 81.42g	36%
Fiber 8.75g	47%
Protein 0.62g	2%

Recipe Type

Holiday, Side Dish

Recipe Tips

To make this a healthier dish and lower in calories, use a sugar substitute of your choice. I prefer Splenda.

This recipe was downloaded (free) from www.recipesworld.org.

Feel free to pass it around to your friends.