

New York Microwave Apple Sauce

Ingredients:

2 medium Golden Delicious apples
2 medium Empire apples
2 medium Fuji apples
1/4 cup water
1 tablespoon sugar
1/2 teaspoon cinnamon

Directions:

Core and chop apples into small chunks of uniform size
Place apples in large microwave-safe bowl
Add 1/4 cup water to bowl
Cover and microwave on high for 15 minutes
Stir apples
Continue to microwave, uncovered, until apples are very tender, about 5 minutes longer.

Using potato masher, coarsely mash apples. If skins are too chewy, use food processor to promote desired texture and break up apples skin.
Mix in cinnamon and sugar.

Serves 7.

Adapted from NYS Apple Country, NY Apple Association.

Nutrition Facts

Serving Size 1/2 cup (128g)
Servings Per Container 7

Amount Per Serving

Calories 70 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 18g **6%**

Dietary Fiber 3g **12%**

Sugars 14g

Protein 0g

Vitamin A 2% • Vitamin C 10%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300 mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4