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Strawberry Applesauce · ·

A delicious and healthy homemade applesauce with a hint of strawberry flavor. This recipe is perfect for breakfast or as a snack.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

500 g	Apples
100 g	Strawberries
50 g	sugar
100 ml	Water
2 tsp	Lemon juice

Directions

Step 1

Cutting

Peel and core the apples. Cut them into small chunks.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Cutting

Wash and hull the strawberries. Cut them into small pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Boiling

In a large saucepan, combine the apples, strawberries, sugar, water, and lemon juice.

Prep Time: 0 mins

Cook Time: 30 mins

Step 4

Simmering

Bring the mixture to a boil, then reduce the heat and simmer for 30 minutes, or until the apples are soft.

Prep Time: 0 mins

Cook Time: 30 mins

Step 5

Blending

Remove from heat and let cool slightly. Use a blender or food processor to puree the mixture until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Refrigerating

Transfer the applesauce to a jar or container and refrigerate until chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 60 kcal

Fat: 0 g

Protein: 0 g

Carbohydrates: 16 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	16 g	29.09%	32%
Fibers	2 g	5.26%	8%
Sugars	12 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	2 mg	0.2%	0.2%
Iron	2 mg	25%	11.11%
Potassium	2 mg	0.06%	0.08%
Zinc	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
Game Day

Meal Type

Brunch Lunch Snack

Difficulty Level

Easy

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