

## Chunky Cinnamon Apple-Cranberry Sauce



### Makes:

10 servings

### Utensil:

3 Qt./2.8 L Sauce Pan with Cover

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### Recipe:

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### Recipe Description:

This is a delicious side-dish for any meal. It adds a wonderful taste of tart and sweet and has zero cholesterol and almost no fat. Plus, apples are rich in calcium, potassium and vitamin A.

4 apples, julienned, use Cone #2  
1/2 cup  
dried cranberries  
(61  
g)  
1 tablespoon  
cinnamon  
(15  
mL)  
1/2 teaspoon  
ground cloves  
(2.5  
mL)

### Directions:

1. Placed sliced apples into sauce pan and add all other ingredients. Stir to blend.
2. Place heat on low, cover and cook for 30 minutes, stirring occasionally.
3. Serve hot or cold.

### Tips:

- If you have an apple that is not juicy, you may need to add 1/4 cup of apple juice.
- This is an excellent way to use apples that aren't quite good enough for eating raw but they haven't yet gone-bad.

### Nutritional Information per

#### ▼ Serving

**Calories:** 166  
**Total Fat:** 1g  
**Saturated Fat:** 0g  
**Cholesterol:** 0mg

|                       |     |
|-----------------------|-----|
| <b>Sodium:</b>        | 2mg |
| <b>Total</b>          | 41g |
| <b>Carbs:</b>         |     |
| <b>Dietary Fiber:</b> | 5g  |
| <b>Sugar:</b>         | 7g  |
| <b>Protein:</b>       | 0g  |

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