



A Nutrition Resource



Applesauce

Pressure Cooker Recipes

Yield: 8 Servings

Ingredients:

- 5 pounds apples (about 15 medium, rinsed, peeled, and chopped)
- 1 cup water
- 1/3 cup sugar
- 2 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg

Directions:

- 1) Wash hands and clean surfaces.
- 2) Rinse apples in water (no soap or bleach).
- 3) Peel and chop apples into similar size pieces.
- 4) Add apples, water, and seasonings to pressure cooker.
- 5) Lock on lid and turn vent knob to seal.
- 6) Set pressure cooker to high for 5 minutes.
- 7) Allow pressure cooker to natural release of at least 10 minutes, then manually release any remaining steam.
- 8) Open lid carefully and mash apples with a potato masher (chunkier) or immersion blender (smoother) until at desired texture.
- 9) Serve immediately or store in airtight container in fridge for 4-6 days.

Nutrition Facts

Amount per

1 serving (11.2 oz) 318 g

Calories 166 **From Fat** 5

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0.1g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 4mg 0%

Total Carbohydrates 44g 15%

Dietary Fiber 7g 29%

Sugars 34g

Protein 1g 2%

Vitamin A 3% • **Vitamin C** 22%

Calcium 3% • **Iron** 2%

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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Please be aware that pressure cooker designs and functionalities vary across different brands and models. As a result, the instructions provided in this recipe may not be universally applicable. Users should consult their specific pressure cooker's manual to ensure proper usage and safety. Montana State University Extension does not endorse any specific brand or model, nor does it assume responsibility for any damages or injuries resulting from the use of a pressure cooker.

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