



A Nutrition Resource

## BAKED CINNAMON APPLES

**Yield: 6 Servings | Serving Size: 1/2 Cup**

**Cost/Serving: \$1.13**

### Ingredients:

- 7 medium-small apples
- 1 Tablespoon butter
- 1 teaspoon cinnamon

### Directions:

- 1) Preheat the oven to 350°F.
- 2) Slice apples into small-medium pieces.
- 3) In a saucepan or microwave, melt butter with cinnamon.
- 4) In a large bowl, add sliced apples and drizzle melted cinnamon-butter mixture on top.
- 5) With a spatula, stir to coat all sides of the apples.
- 6) Pour apple mixture into a large baking dish and bake for 30 minutes.
- 7) Serve alone, or add yogurt, oatmeal, or vanilla ice cream!

### Nutrition Facts

6 servings per container

**Serving size** 1/2 cup (177g)

Amount per serving

**Calories** 110

% Daily Value\*

**Total Fat** 2g 3%

Saturated Fat 1.5g 8%

Trans Fat 0g

**Cholesterol** 5mg 2%

**Sodium** 15mg 1%

**Total Carbohydrate** 24g 9%

Dietary Fiber 4g 14%

Total Sugars 18g

Includes 0g Added Sugars 0%

**Protein** 0g

Vitamin D 0mcg 0%

Calcium 15mg 2%

Iron 0mg 0%

Potassium 188mg 4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Tips:** Use any variety of apple that you like to eat. Tarts apples are extra tasty when added to oatmeal, yogurt, or ice cream.

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