



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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