



A Nutrition Resource

APPLE SMILES

Yield: 2 Servings | **Serving Size:** 1/2 apple

Cost/serving: \$1.27

Ingredients:

- 1 apple
- 2 Tablespoons peanut butter
- 1/4 cup raisins or small marshmallows

Directions:

- 1) Slice apples into wedges.
- 2) Spread one side of two wedges with peanut butter.
- 3) Top peanut butter on one wedge with raisins or small marshmallows for teeth.
- 4) Place other apple slice on top. Repeat with remaining wedges.



Nutrition Facts

2 servings per container

Serving size 1/2 apple (129g)

Amount per serving

Calories **210**

% Daily Value*

Total Fat 6g 8%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 105mg 5%

Total Carbohydrate 34g 12%

Dietary Fiber 3g 11%

Total Sugars 26g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 22mg 2%

Iron 1mg 6%

Potassium 373mg 8%

*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.

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