



A Nutrition Resource

BAKED APPLE AND CRANBERRIES

Yield: 1 Servings | Serving Size: 1 apple

Cost/Serving: \$1.04

Ingredients:

- 1 baking apple (try Golden Delicious, Granny Smith, Jonathan, or Braeburn)
- Dash of cinnamon to taste
- 1 Tablespoon dried cranberries
- 1 teaspoon brown sugar
- 1/2 teaspoon butter

Directions:

- 1) Wash apple and remove core (seed area), leaving the bottom to hold in the filling.
- 2) Place the apple in a microwave-safe container.
- 3) Sprinkle cinnamon around the top of the apple and in the hole.
- 4) Fill the center of the apple with cranberries, pressing down if needed.
- 5) Top the cranberries with the brown sugar and butter.
- 6) Cover loosely with wax paper.
- 7) Microwave on high for about 2 1/2 minutes or until apple is soft when poked through the center hole with a fork. Cool slightly.
- 8) To bake in the oven, preheat to 375°F, place apple in a 9-inch x 13-inch baking dish, pour 1 cup water into the baking dish, and bake 30-40 minutes or until apple is tender.

Serve for breakfast or dessert!

Adapted from foodhero.org.

Nutrition Facts

1 servings per container
Serving size 1 apple (198g)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 0mg	0%
Total Carbohydrate 37g	13%
Dietary Fiber 5g	18%
Total Sugars 30g	
Includes 4g Added Sugars	8%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 0mg	0%
Potassium 200mg	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:

- Try using a corer or paring knife and small melon baller or the tip of a vegetable peeler to remove the core.
- Try fresh cranberries, raising, or other dry fruit in the center.
- For additional servings, increase the cooking time about 1 minutes for each apple.

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