

Baked Apple Wedges

6 Servings

Ingredients:

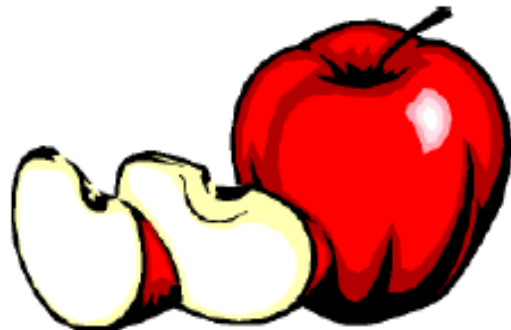
- 4 baking apples
- 1 teaspoon margarine
- 3 tablespoon brown sugar
- 3 tablespoon ground cinnamon
- 1/4 cup orange juice (optional)

Directions:

1. Preheat oven to 375° F.
2. Peel, core, and cut apples into wedges and place in baking dish.
3. Dot apples with margarine.
4. Sprinkle with sugar and cinnamon and add orange juice.
5. Bake at 375° F. for approximately 30 minutes or until tender.

Nutrition Facts (Serving Size, 1 Apple):

Calories	100
Total fat	1 g
Saturated fat	0 g
Cholesterol	0
Sodium	15 mg
Carbohydrates	25 g
Fiber	3 g
Sugar	22 g
Protein	1 g



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