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Microwave Baked Apples

Servings: 2

Ingredients:

1 medium apple, washed, core removed
 1 Tablespoon raisins
 1 Tablespoon brown sugar
 1 teaspoon butter or margarine

Directions:

1. Set apple in microwave-safe bowl.
2. Mix together the brown sugar, raisins and butter (or margarine). Fill the inside of the apple with this mixture.
3. Cover with wax paper or microwave-safe plastic wrap with a corner turned back to allow steam to be released.
4. Microwave on High for 4 to 5 minutes or until apple is tender.
5. Cool. Cut in half and serve.

Nutrition Facts

2 serving per container

Serving size 1/2 apple

Amount Per Serving

Calories **130**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 10mg **0%**

Total Carbohydrate 19g **7%**

Dietary Fiber 2g **7%**

Total Sugars 27g

Includes 7g Added Sugars **14%**

Protein 1g

Vitamin D 0mcg **0%**

Calcium 19mg **2%**

Iron 1mg **6%**

Potassium 260mg **6%**

* 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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