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## Pineapple Baked Apples

### Ingredients:

- 4 Cortland apples
- ½ cup crushed pineapple, in own juice

*Makes 4 servings - 0% calories from fat*

### Instructions:

1. Drain pineapple, set juice aside.
2. Wash apples, core without cutting through to bottom. Place apples in microwave safe dish.
3. Stuff with 2 Tablespoons pineapple. Add 1 Tablespoon juice, cover with plastic wrap and vent (fold back one corner ½ inch).
4. Microwave 4 -12 minutes, or 1-3 minutes per apple.

### Notes:

- Add raisins: sprinkle with sugar and cinnamon.
- Drizzle with maple syrup or honey (do not serve honey to children under 1 year of age).
- Use other apples suitable for baking and your choice of fruit for stuffing.
- Adjust cooking time suitable for microwave power.
- Cook in regular oven 375° F for 1 hour.

Nutrition Facts	
Serving Size 1 each	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 130</b>	<b>Calories from Fat 5</b>
<b>% Daily Value*</b>	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 34g</b>	<b>11%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 26g	
<b>Protein 1g</b>	
Vitamin A 2%	• Vitamin C 20%
Calcium 2%	• Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



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