Baked Apples

Nutrition Facts

Serving Size: 3/4 cup
Servings: 2

Amount Per Serving	
Calories 118	Calories from Fat 9
	%Daily Value*
Total Fat 1g	**1%**
Saturated Fat trace g	**0%**
Cholesterol 0mg	**0%**
Sodium 4mg	**0%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 4g	**17%**
Protein trace g	**1%**

Vitamin A	2%	Vitamin C	14%
Iron	5%	Calcium	3%

*Percent Daily Values are based on a 2,000 calorie diet.