

Cinnamon Apple Slices

1 Serving • 1 Serving = 1 Apple



INGREDIENTS

- 1 apple
- Ground cinnamon, to taste

DIRECTIONS

1. Cut the apple into 10 - 12 slices, removing the core and stem.
2. Place slices into a self seal plastic bag and add cinnamon. Seal the bag and shake to evenly coat the slices.

Nutrition Facts

1 servings per container

Serving size **1 apple**

Amount per serving

Calories 80

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 23g 8%

Dietary Fiber 5g 18%

Total Sugars 16g

Includes 0g Added Sugars 0%

Protein 0g

Vitamin D 0mcg 0%

Calcium 35mg 2%

Iron 0mg 0%

Potassium 171mg 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.

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