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Baked Cinnamon Apples

Yield: 4 min Total Time: 20 min

Recipe from: <u>https://www.recipeschoose.com/recipes/recipe-southern-baked-apples</u>

Ingredients:

- 4 tablespoons unsalted butter
- 1/4 cup sugar
- 1/2 teaspoon ground cinnamon
- 4 whole cinnamon sticks
- 4 granny smith apples small, halved lengthwise, seeds and stems left intact

Nutrition:

- 1. Calories: 250 calories
- 2. Carbohydrate: 38 grams
- 3. Cholesterol: 30 milligrams
- 4. Fat: 11 grams
- 5. Fiber: 4 grams
- 6. SaturatedFat: 7 grams
- 7. Sugar: 31 grams

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