



A Nutrition Resource

## APPLE SMILES

**Yield:** 2 Servings | **Serving Size:** 1/2 apple

**Cost/serving:** \$1.27

### Ingredients:

- 1 apple
- 2 Tablespoons peanut butter
- 1/4 cup raisins or small marshmallows

### Directions:

- 1) Slice apples into wedges.
- 2) Spread one side of two wedges with peanut butter.
- 3) Top peanut butter on one wedge with raisins or small marshmallows for teeth.
- 4) Place other apple slice on top. Repeat with remaining wedges.



## Nutrition Facts

2 servings per container  
**Serving size** 1/2 apple (129g)

Amount per serving  
**Calories** **210**

	% Daily Value*
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 105mg	<b>5%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 26g	
Includes 0g Added Sugars	<b>0%</b>

<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 1mg	6%
Potassium 373mg	8%

\*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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