



WESTERN WISCONSIN HEALTH

BAKED APPLE SOUFLÉ

- 2 T. firmly packed light brown sugar
- 1 1/2 tsp. cinnamon
- 1 tsp. cornstarch
- 1 tsp. vanilla extract
- 6 small apples, peeled and cored
- 6 square 12" egg roll wrappers
- Nonstick cooking spray

Nutrition Facts

Serving Size (211g)
Servings Per Container

Amount Per Serving

Calories 170 **Calories from Fat** 5

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 140mg **6%**

Total Carbohydrate 42g **14%**

Dietary Fiber 5g **20%**

Sugars 24g

Protein 3g

Vitamin A 2% • Vitamin C 15%

Calcium 2% • Iron 6%

*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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

Preheat oven. Spray six muffin cups with nonstick cooking spray. In a large bowl, combine sugar, cinnamon, cornstarch, vanilla and 1 tablespoon water. Roll peeled apples in the mixture until coated. Place one apple in the center of each egg roll wrapper. Bring the corners up to the top of the apple, pressing and folding to seal the edges. Place each dumpling in a muffin cup and lightly spray the tops with nonstick cooking spray. Bake until golden, about 20 minutes. Cool on a rack for 15 minutes. Look for egg roll wrappers in the refrigerator section of the grocery store. Serve with frozen yogurt.

NUTRITION FACTS: Serving size: 1 filled roll per serving, 6 servings