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## **Peach Baked Apples**

### *Ingredients:*

6 medium baking apples  
1/4c peach preserves  
1/4t cinnamon  
1/4c apple cider or apple juice  
3/4c crumbled chewy oatmeal cookies

### *Directions:*

1. Cut apples in half and core. Place in 13 x 9 x 2-inch baking pan, cut side up.
2. Combine preserves, cinnamon and apple juice or cider.
3. Drizzle over cut sides of apples.
4. Cover pan tightly with foil. Bake in 350°F oven about 35 minutes or until apples are just tender.
5. Sprinkle crumbled cookies over cut surface of apples and drizzle with preserve mixture in bottom of pan.
6. Bake 5 minutes longer, uncovered.

Serve warm or cold. Can be topped with whipped topping or frozen vanilla yogurt, if desired.

Makes 6 servings.

Approximate Nutritional Analysis (per serving): calories, 215; fat, 5 g; cholesterol, 0 mg; sodium, 105 mg; fiber, 5 g; percent calories from fat, 19%. This is a 5 A Day program-approved recipe.

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## Apple Halibut Kabobs

### *Ingredients:*

- 1/2c dry white wine, or chicken broth
- 4t olive oil
- 2T lime juice
- 2T finely chopped onion
- 1/2t salt
- 1/2t dried thyme, crushed
- 1/4 t pepper
- 1 baking apple, cored and cut in 1" cubes
- 1 medium green or sweet red pepper, cut in 1" squares
- 1 small onion, cut in 1" squares
- 1 lb. halibut, cut in 1 to 1½" cubes

### *Directions:*

1. Combine first seven ingredients; mix well.
2. Marinate remaining ingredients in mixture 1-2 hours.
3. Thread apple, pepper, onion and halibut on four 12" or longer metal or bamboo skewers.
4. Broil or grill 4-5 inches from heat 6-8 minutes or until fish flakes when tested with fork.

Serve warm or cold.

Makes 4 servings.

Approximate Nutritional Analysis (per serving): calories, 198; fat, 6 g; cholesterol, 60 mg; sodium, 365 mg; fiber, 2 g; percent calories from fat, 28%. This is a 5 A Day program-approved recipe.

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## **Apple Chicken Stir-Fry**

### *Ingredients:*

1 pound cubed boneless, skinless, chicken breast  
1 1/2 tablespoons vegetable oil  
1/2 cup onion, vertically sliced  
1 cup (2 medium) carrots, thinly sliced  
1 teaspoon dried basil, crushed  
1 cup fresh or frozen Chinese pea pods  
1 tablespoon water  
1 medium apple, cored and thinly sliced  
2 cups cooked rice

### *Directions:*

1. Stir-fry cubed chicken breast in 1 tablespoon vegetable oil in nonstick skillet until lightly browned and cooked.
2. Remove from skillet.
3. Stir-fry onion, carrots, and basil in oil in same skillet until carrots are tender.
4. Stir in pea pods and water; stir-fry 2 minutes.
5. Remove from heat; stir in apple.
6. Add to chicken

Serve hot over cooked rice.

Makes 4 servings.

Approximate Nutritional Analysis (per serving): calories, 365; protein, 30 g; carbohydrates, 33 g; dietary fiber, 3 g; fat, 9 g; cholesterol, 62 mg; sodium, 71 mg; 22% calories from fat.

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## Crunchy Apple Salsa with Grilled Chicken

### Salsa:

#### *Ingredients:*

2 cups apples, halved, cored, and chopped  
¾ cup (1 large) Anaheim chili pepper, seeded and chopped  
½ cup chopped onion  
¼ cup lime juice  
Salt and pepper to taste

### Marinade:

#### *Ingredients:*

¼ cup dry white wine  
¼ cup apple juice  
½ teaspoon grated lime peel  
½ teaspoon salt  
Dash pepper  
4 medium boneless, skinless chicken breasts

#### *Directions:*

1. Combine salsa ingredients and mix well; allow flavors to blend about ½ hour.
2. Serve over or alongside grilled chicken. Makes 3 cups salsa.
3. For grilled chicken, combine marinade ingredients and pour over chicken breasts.
4. Marinate for 20 to 30 minutes.
5. Drain and grill over medium-hot coals, turning once, until chicken tests done.

Makes 4 servings.

Approximate Nutritional Analysis (per serving): calories, 214; protein, 41 g; carbohydrates, 20 g; dietary fiber, 2 g; fat, 4 g; cholesterol, 66 mg; sodium, 334 mg; 17% calories from fat.

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## Apple Sangria Slush

### *Ingredients:*

1 cup applesauce (use a fruit mix such as applesauce and peaches)  
¼ cup frozen orange juice concentrate  
Juice of 1 lemon  
Honey  
1 ½ cups dry red wine

### *Directions:*

1. Mix ingredients, using honey to sweeten if desired. Freeze for 2 hours.
2. Stir again, and serve in goblets with a sprig of mint and a wedge of orange.

Makes 8 servings.

Approximate Nutritional Analysis (per serving): calories, 30; protein, 0 g; carbohydrates, 7 g; dietary fiber, 0 g; fat, 0 g; cholesterol, 0 mg; sodium, 4 mg; 0% calories from fat

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## Apple Pancakes

### *Ingredients:*

1 ½ cups all-purpose flour  
3 teaspoons baking powder  
½ teaspoon salt  
3 tablespoons granulated sugar  
¼ teaspoon nutmeg  
1/3 teaspoon baking soda  
1 egg  
3 tablespoons butter, melted  
¼ teaspoon vanilla  
1 cup milk  
1 cup apples, peeled and grated

### *Directions:*

1. Combine flour, baking powder, salt, sugar, and nutmeg in mixing bowl.
2. In a separate bowl, mix baking soda, egg, butter, vanilla, and milk.
3. Combine both mixtures stirring only until blended. Fold in grated apple.
4. Bake on hot, lightly greased griddle.
5. When batter is full of holes, turn to brown on other side. Turn pancakes only once while cooking.

Makes 7 eight-inch pancakes.

Approximate Nutritional Analysis (per serving): calories, 197; protein, 5 g; carbohydrates, 31 g; dietary fiber, 5 g; fat, 4 g; cholesterol, 38 mg; sodium, 189 mg; 18% calories from fat.

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### **Apple-Cheddar Egg Scramble**

*Ingredients:*

- 1 cup liquid egg substitute, thawed if frozen
- 1 teaspoon honey
- 1/2 cup grated unpeeled apples
- 1 tablespoon butter
- 1/4 cup cubed low-fat cheddar cheese

*Directions:*

1. Lightly beat egg substitute with honey in a small bowl.
2. Stir in the grated apples.
3. Heat butter in a skillet; when butter foams, add the egg mixture and cheese cubes.
4. Stir a few times until eggs are cooked, about 3 minutes.

Makes 2 servings.

Approximate Nutritional Analysis (per serving): calories, 212; protein, 19 g; carbohydrates, 9 g; dietary fiber, 1 g; fat, 11 g; cholesterol, 22 mg; sodium, 382 mg; 47% calories from fat

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## **French Apple Yogurt**

### *Ingredients:*

- 3 cups diced or sliced apples
- 2 cups plain, low-fat yogurt
- 1 teaspoon vanilla
- 1/2 teaspoon cinnamon
- 2 teaspoons brown sugar if apples are tart

### *Directions:*

1. Cook the apples in 1/2 cup water 5 to 10 minutes, or until soft.
2. Reserve one cup and put rest into blender with one cup yogurt, vanilla, cinnamon, and brown sugar.
3. Blend very briefly.
4. Mix all ingredients together.

Makes 1 quart.

Approximate Nutritional Analysis (per serving): calories, 148; protein, 7 g; carbohydrates, 25 g; dietary fiber, 3 g; fat, 2 g; cholesterol, 8 mg; sodium, 87 mg; 12% calories from fat.

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## Breakfast Kugel

### *Ingredients:*

- 1 pound Lasagna noodles, uncooked
- 1 24-ounce container low-fat cottage cheese
- 1 teaspoon vanilla
- 1/4 teaspoon salt
- 5 tart apples, cored, peeled, and thinly sliced
- 1 teaspoon cinnamon
- 2 cups raisins (optional)
- 2 cups unsweetened applesauce
- 1 cup grated cheddar cheese

### *Directions:*

1. Prepare pasta according to package directions.
2. Drain and rinse in cold water.
3. Separate noodles on waxed paper.
4. In food processor or blender, puree the cottage cheese and mix in vanilla and salt.
5. Mix cinnamon with apples.
6. Mix raisins into applesauce.
7. Spray 9- x 13-inch baking dish with vegetable cooking spray.
8. Starting with lasagna, layer lasagna, applesauce mixture, cottage cheese mixture, and apples, ending with a layer of lasagna. Top with cheddar cheese.
9. Bake at 350° for 45 minutes, or until the apples are tender and cheese is bubbly.

Serve hot or cold, or reheat in microwave.

Makes 16 servings.

Approximate Nutritional Analysis (per serving): calories, 273; protein, 10 g; carbohydrates, 49 g; dietary fiber, 5 g; fat, 4 g; cholesterol, 11 mg; sodium, 264 mg; 13% calories from fat.

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## Spiced Apple Tea

### *Ingredients:*

1 quart boiling water  
3 tea bags  
1/4 cup sugar  
2 cups 100% apple juice or cider  
Cinnamon sticks

### *Directions:*

1. Add tea bags to boiling water. Cover and simmer for 5 minutes.
2. Remove tea bags.
3. Stir in sugar until dissolved.
4. Add apple juice and reheat.
5. Pour into mugs.
6. Add a stick of cinnamon to each.

Makes 6 servings.

Approximate Nutritional Analysis (per serving): calories, 75; protein, 0 g; carbohydrates, 19 g; dietary fiber, 0 g; fat, 0 g; cholesterol, 0 mg; sodium, 7 mg; 0% calories from fat.

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### **Marinated and Grilled Apple and Red Onion Salad**

#### *Dressing:*

- ¼ C walnut oil
- ¼ C light salad oil
- ¼ C apple cider vinegar
- 1 T Dijon mustard
- ½ tsp salt
- ¼ tsp black pepper

1. Whisk the two oils together in a mixing bowl; add the vinegar, mustard, salt, and pepper.
2. Whisk lightly, just enough to blend the ingredients. Set aside.

#### *Salad:*

- 1 small, red onions, peeled
- 2 eating apples
- 1 T light cooking oil
- 1 head romaine lettuce, cut into ¼-wide ribbon
- 1 apple, thinly sliced, for garnish

1. Slice the onions into thin circles and the apples into ¼-inch-thick rings.
2. Place in mixing bowl, toss with 4 tablespoons of the dressing, and marinate for 30 minutes before grilling.
3. Place romaine lettuce ribbons in a large mixing bowl, cover, and refrigerate until ready to use.
4. Lightly oil grill.
5. Drain onions and apples, then grill over low to medium heat for 2 minutes on each side.
6. Place grilled onions and apples in a mixing bowl, toss with 6 tablespoons of dressing, and refrigerate until cool.
7. Toss lettuce and dressing and arrange on plates
8. Drain the onions and apples and arrange on top of lettuce.
9. Garnish with thin slices of fresh apple.

Makes 6 servings. Approximate Nutrition Analysis (per serving, salad plus dressing): calories, 315; fiber, 5 g; fat, 21 g; cholesterol, 0 mg; sodium, 320 mg, calories from fat, 60%. TIP: To lower the fat content, reduce the amount of oil in the dressing during preparation. [INDEX](#)



### **Granny Smith Apple Sorbet**

*Ingredients:*

- 1¼ pounds Granny Smith apples
- 1 lemon, juiced
- 1½ c sugar
- 1¼ c water
- 1 2-inch piece of cinnamon stick
- 1 T fresh ginger, sliced

*Directions:*

1. Halve and core apples; cut into thin slices, leaving skin on.
2. Toss with lemon juice and place in freezer overnight.
3. Next day, make a simple syrup with sugar and water, bringing liquid to a boil.
4. Add cinnamon stick and ginger, simmer for 5 minutes.
5. Pour over the apples and stir.
6. Puree apple/syrup mixture in food processor until smooth.
7. Freeze in ice cream maker according to manufacturer's directions.
8. Allow to soften slightly before serving.

Makes about 1 quart.

Approximate Nutrition Analysis (per serving): calories, 378; fiber, 4 g; fat, 1 g; cholesterol, 0 mg; sodium, 3 mg, calories from fat, 1%.

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## **Apple, Chicken, and Pecan Strudel** (Page 1 of 2)

### **Strudel Filling**

#### *Ingredients:*

- 2 6-ounce boneless, skinless chicken breasts
- Salt and pepper, to taste
- 4 T light oil
- 1 C apple cider, divided
- 1 shallots, diced
- ¼ head Nappa cabbage, cut into thinly sliced strips
- ½ C toasted pecan pieces
- 2 tart cooking apples, peeled, cored, and cut into small diced pieces

#### *Directions:*

1. Season chicken breasts with salt and pepper, to taste.
2. In heavy skillet, over medium heat, brown the chicken breasts in 2 tablespoons oil, about 3 minutes on each side. Reduce heat, and add ½ cup apple cider.
3. Simmer breasts for about 10 minutes until completely cooked but still soft.
4. Remove from pan, cool, and julienne; reserve.
5. Heat shallots and cabbage in 2 tablespoons oil, cooking out all moisture.
6. Remove from pan and reserve.
7. Allow any excess moisture to drain.
8. Add remaining ½ cup of cider and pecans to pan and reduce cider to thick glaze.
9. Add apples and toss a for few minutes.
10. Return all ingredients to pan, season with salt and pepper, and cook briefly to remove any free moisture.
11. Set aside; allow to cool before assembling strudels.

Makes 6 half-portion servings.

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## **Apple, Chicken, and Pecan Strudel** (Page 2 of 2)

### **Strudels**

#### *Ingredients:*

12 sheets of phyllo dough  
Melted butter to brush phyllo

#### *Directions:*

1. Brush dough with butter, fold in half.
2. Place about 3 tablespoons of filling on edge of the phyllo; roll into individual strudels, brushing with butter.
3. Bake strudels at 425°F for about 15 minutes, until dough is golden.
4. Allow to rest 3 to 4 minutes before cutting to serve.

Makes 12 servings.

Serving note: The portion of the salmon and the strudel are meant to be served in combination with each other, as half portions.

Approximate Nutrition Analysis (per serving): calories, 200; fiber, 2 g; fat, 12 g; cholesterol, 14 mg; sodium, 103 mg, calories from fat, 54%.

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## **Sweet Potatoes and Apple Cider Gratin**

### *Ingredients:*

2 T butter

3 large sweet potatoes, thinly sliced for gratin

Salt

Freshly grated nutmeg, about ½ teaspoon

1 C apple cider, reduced to 1½ cups

### *Directions:*

1. Butter glass or ceramic gratin dish.
2. Layer sliced sweet potato, seasoning with salt and nutmeg.
3. Pour reduced cider over potatoes.
4. Bake at 350°F until potatoes are soft and the cider is absorbed, about 1¼ to 1½ hours.

Makes 6 to 8 servings.

Approximate Nutrition Analysis (per serving): calories, 519; fiber, 4 g; fat, 12 g; cholesterol, 30 mg; sodium, 320 mg, calories from fat, 21%

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## Apple Charlotte

### *Ingredients:*

- 1 cup sugar + 1 cup water for caramel
- 6 medium-sized, tart, baking apples, peeled, cored, diced small
- 1 C granulated sugar
- 2 C all-purpose flour
- 2 tsp baking powder
- 2 whole eggs, lightly beaten
- 6 oz. melted butter
- 1 tsp vanilla extract

### *Directions:*

1. For individual charlottes, use 4- or 6-ounce individual molds.
2. Caramelize sugar by heating (at 325°F to 350°F) until it liquefies and becomes a clear syrup ranging in color from golden to dark brown.
3. Coat molds with caramelized sugar and press some of the apple into the warm caramel to make a decorative top when unmolded.
4. Combine sugar, flour, and baking powder; stir to mix.
5. Blend in the eggs, then the butter and vanilla. Mix well; this will make a fairly pliable dough.
6. Mix in the diced apples.
7. Press the cake mixture into the caramelized molds.
8. Bake in a water bath at 375°F for about 35 to 45 minutes.
9. Bamboo skewer or broom straw inserted in center should come out clean.
10. Allow to cool.
11. To serve, re-warm in a water bath and unmold directly onto serving dish.

Makes 8 individual charlottes.

Approximate Nutrition Analysis (per serving): calories, 325; fiber, 1 g; fat, 14 g; cholesterol, 36 mg; sodium, 58 mg, calories from fat, 37%.

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## Apple Smoothie

When you want a really refreshing smoothie on a hot summer's day, pop the applesauce in the freezer for 15 to 20 minutes before blending all the ingredients.

### *Ingredients:*

2 C applesauce  
1 C 100% apple juice or apple cider  
1 C orange juice  
2 T honey  
½ tsp ground cinnamon  
½ tsp ground nutmeg

### *Directions:*

1. Place all ingredients in a blender, and blend until smooth.
2. Serve immediately, or keep chilled until serving time.
3. Garnish with additional cinnamon, if desired.

Makes 2 servings.

Approximate Nutritional Analysis (per serving): calories, 377; protein, 1 g; carbohydrates, 97 g; dietary fiber, 13 g; fat, 1 g; cholesterol, 0 mg; sodium, 14 mg.

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## Apple Raisin Yogurt

Yogurt with fruit makes a great snack, breakfast, or dessert.

### *Ingredients:*

1 small sweet apple, unpeeled  
1 C non-fat yogurt (plain, vanilla or lemon)  
¼ C granola  
2 T raisins

### *Directions:*

1. Core apple.
2. Grate it into a small bowl.
3. Add yogurt, granola, and raisins, and stir together.
4. Chill, if desired.

Makes 1 to 2 servings.

Approximate Nutritional Analysis (per serving): calories, 199; protein, 8g; carbohydrates, 32g; dietary fiber, 3g; fat, 5g; cholesterol, 8mg; sodium, 93mg.

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### **Whole-Wheat Nut Quick Bread**

*Ingredients:*

2 C whole wheat flour  
1/4 c bran flakes  
1/4 c wheat germ  
2 tsp ground allspice  
2 tsp baking powder  
1 tsp baking soda  
¼ tsp ground cloves  
½ c 100% apple juice or cider  
1/2 c applesauce  
1/2 c plain or vanilla yogurt  
1/3 c honey  
1/3 c vegetable oil  
2 eggs  
1 c chopped walnuts

*Directions:*

1. Preheat oven to 350 degrees Fahrenheit. Grease and flour a 9x5" loaf pan.
2. In a large bowl, combine the flour, bran flakes, wheat germ, allspice, baking powder, baking soda and cloves.
3. Make a well in the center of the dry ingredients.
4. In a small bowl, mix together the apple juice, apple sauce, yogurt, honey, oil and eggs.
5. Beat well and pour in to the center of the dry ingredients.
6. Stir to combine without over-mixing.
7. Fold in the nuts and spoon the batter into the prepared pan.
8. Bake for 50-55 minutes, or until a skewer inserted into the center comes out clean.
9. Let cool in the pan for 10 minutes; turn out of the pan onto a wire rack.
10. Cool completely before cutting.

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## Tuna Apple Tortilla Wraps

The flour tortillas make this a light, quick-and-easy lunch that is lean and healthful.

### *Ingredients:*

- 2 tortillas (8 inches each)
- 2 T spread, such as herbed cream cheese, pureed roasted peppers, hummus, or baba ghanousch
- 1 large sweet-tart apple, washed, cored, and thinly sliced
- 1 can (6½ ounces) tuna in water, drained
- ½ to 1 T reduced-fat mayonnaise or sour cream
- Freshly ground pepper, to taste
- Mild curry powder (optional)
- 2 scallions with green tops, cut in half then sliced lengthwise

### *Directions:*

1. Place the tortillas on dinner plates and spread each with 1 tablespoon of the spread of your choice.
2. Arrange apple slices down the center of the tortillas, staying well within 1 inch from the edges.
3. In a small bowl, flake the tuna and combine with the mayonnaise and pepper.
4. Spoon the tuna mixture over the apple slices.
5. Sprinkle with a dash of mild curry powder, if desired.
6. Top with the scallions.
7. Roll the wraps from front to back and serve immediately.

To take along in a lunch box or brown bag, wrap securely in plastic wrap or place in a resealable plastic bag.

Makes 2 wraps.

Approximate Nutritional Analysis (per serving): calories, 360; protein, 26g; carbohydrates, 42g; dietary fiber, 5g; fat, 10g; cholesterol, 40mg; sodium, 549mg.

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### **Apple Tortellini Salad** (Page 1 of 2)

For pasta salad lovers, this one is hard to beat. Healthful, low in fat, and high in fiber, this recipe has lots of flavor, texture, and color. It makes a wonderful addition to a party buffet or a tasty lunch for school or work.

#### *Ingredients:*

##### **Dressing:**

3 T frozen apple juice concentrate, thawed  
3 T light corn syrup  
2 tsp brown sugar  
1 tsp apple cider vinegar  
? tsp garlic salt  
Ground white pepper, to taste

#### *Ingredients:*

##### **Salad:**

1 package (9 ounces) refrigerated or frozen cheese-filled tortellini  
3 medium sweet-tart apples, cored and sliced (about 2 cups)  
2 C shredded salad greens  
1 C sliced fresh strawberries  
½ C thinly sliced celery  
½ C sliced scallions  
2T toasted pine nuts (optional)

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## **Apple Tortellini Salad** (Page 2 of 2)

*Directions:*

### **FOR DRESSING**

1. Combine apple juice concentrate, corn syrup, brown sugar, vinegar, garlic salt, and pepper in a screw-top jar
2. Shake well and refrigerate.

### **FOR SALAD**

1. Cook tortellini according to package directions.
2. Drain, and cool by rinsing pasta under cold water.
3. Shake gently to drain thoroughly.

In a large mixing bowl, combine tortellini, apples, salad greens, strawberries, celery, and scallions. Toss salad gently with chilled dressing. Sprinkle with pine nuts, if desired, and serve.

Makes 6 to 8 servings.

Approximate Nutritional Analysis (per serving, including pine nuts): calories, 191; protein, 4g; carbohydrates, 35g; dietary fiber, 4g; fat, 5g; cholesterol, 36mg; sodium, 73mg.

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## Apple Envelope

If you're in a rush, opt to use a frozen puff or phyllo pastry. The flavorings are all very basic. If you like, you can add ½ teaspoon each of ground nutmeg and ginger; replace the allspice with 1 teaspoon cinnamon; or add grated orange or lemon zest.

### *Ingredients:*

3 medium baking apples, tart or sweet  
¼ c raisins  
2 T honey  
1 tsp ground allspice  
Pastry for a single 9-inch piecrust  
Milk  
Sugar

### *Directions:*

1. Preheat oven to 400°F
2. Grease a large baking sheet.
3. Peel, core, and cut the apples into ¼-inch slices.
4. In a medium-sized bowl, combine the apples with the raisins, honey, and allspice.
5. Roll out the pastry to a circle approximately 10 inches in diameter.
6. Spoon the apple mixture over half the dough, leaving a 1-inch border.
7. Fold the other half over the apples, moisten the edges with milk, and seal.
8. Crimp the edges with the tines or the handle of a fork.
9. Place on the baking sheet, brush with milk, and sprinkle with sugar.
10. Bake for 45 minutes.

Makes 2 servings.

Approximate Nutritional Analysis (per serving): calories, 586; protein, 6g; carbohydrates, 99g; dietary fiber, 8g; fat, 22g; cholesterol, 0mg; sodium, 415mg

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