INGREDIENTS

2 large baking apples such as Jonagold, McIntosh or Rome Beauty

1 cup unsweetened apple cider or apple juice

2 tablespoons bourbon, whisky or additional apple cider

1/2 teaspoon cinnamon

1/8 teaspoon ground cloves

1/8 teaspoon ground nutmeg

1 teaspoon butter

1/3 cup low-fat, no-sugar-added vanilla ice cream

NUTRITIONAL INFORMATION:

Serving Size: 1 apple with 2 tablespoons sauce and 3 tablespoons ice cream

Sodium 41 mg

Protein 1 g

Fiber 4 g

Carbohydrate 30 g

Cholesterol 7 mg

Saturated Fat 2 g

Total Fat 3 g

Calories from Fat 13 %

Calories 218