



May 18- Cinnamon Orange Slices

Smart Snack

Link: <http://www.bhg.com/recipe/appetizers-snacks/cinnamon-orange-slices/>

Recipe

Ingredients:

2 medium oranges

Ground cinnamon and/or ground ginger

Directions:

1. Peel the oranges, removing white pith. Cut the oranges horizontally into $\frac{1}{4}$ to $\frac{1}{2}$ inch thick slices. Remove seeds.
2. Arrange slices on serving plates. Sprinkle orange slices lightly with cinnamon and/or ginger.

Yield 2 servings

Nutrition Facts

Serving Size 1 orange
Servings Per Container 2

Amount Per Serving

Calories 70 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 16g **5%**

Dietary Fiber 3g **13%**

Sugars 12g

Protein 1g **2%**

Vitamin A 6% • Vitamin C 120%

Calcium 6% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.