

Golden Apple Raisin Sauce

Rachael Ray

30 Minute Meals

4 golden apples, cored and chopped

1 cup unfiltered apple cider

3 tablespoons brown sugar

1 box (7 oz) golden raisins

1 teaspoon cinnamon

In a medium saucepan, cook the apples with the cider, brown sugar, raisins and cinnamon over medium-high heat until tender, about 15 minutes.

Per Serving (excluding unknown items): 606 Calories; 1g Fat (1.1% calories from fat); 6g Protein; 159g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 31mg Sodium. Exchanges: 0 Grain(Starch); 8 1/2 Fruit; 0 Fat; 1 1/2 Other Carbohydrates.