Cranberry Apple Bake

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

2 cups fresh cranberries
3 cups apples, peeled and chopped
1 1/4 cups sugar
1 1/2 cups oats
2/3 cup flour
1/2 cup brown sugar
1/2 cup pecans, chopped
1/2 cup margarine, melted

Preheat the oven to 350 degrees.

Place the cranberries and apples in a 13x9-inch baking dish. Pour the sugar over the top.

In a bowl, mix the oats, flour, brown sugar, pecans and melted margarine. Place over the cranberries and apples.

Bake for one hour.

Per Serving (excluding unknown items): 3911 Calories; 146g Fat (32.6% calories from fat); 55g Protein; 624g Carbohydrate; 48g Dietary Fiber; 0mg Cholesterol; 1106mg Sodium. Exchanges: 15 Grain(Starch); 1 1/2 Lean Meat; 5 Fruit; 27 1/2 Fat; 21 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	3911	**Vitamin B6 (mg):**	.7mg
% Calories from Fat:	32.6%	**Vitamin B12 (mcg):**	.1mcg
% Calories from Carbohydrates:	62.0%	**Thiamin B1 (mg):**	3.0mg
% Calories from Protein:	5.4%	**Riboflavin B2 (mg):**	.9mg
Total Fat (g):	146g	**Folacin (mcg):**	188mcg
Saturated Fat (g):	22g	**Niacin (mg):**	8mg
Monounsaturated Fat (g):	72g	**Caffeine (mg):**	0mg
Polyunsaturated Fat (g):	43g	**Alcohol (kcal):**	0
Cholesterol (mg):	0mg	**% Refuse:**	0.0%
Carbohydrate (g):	624g	**Food Exchanges**	
Dietary Fiber (g):	48g	**Grain (Starch):**	15
Protein (g):	55g	**Lean Meat:**	1 1/2
Sodium (mg):	1106mg	**Vegetable:**	0

Potassium (mg):	2123mg	**Fruit:**	5
Calcium (mg):	293mg	**Non-Fat Milk:**	0
Iron (mg):	19mg	**Fat:**	27 1/2
Zinc (mg):	13mg	**Other Carbohydrates:**	21 1/2
Vitamin C (mg):	46mg		
Vitamin A (i.u.):	4367IU		
Vitamin A (r.e.):	937RE		

Nutrition Facts

Amount Per Serving

Calories 3911	Calories from Fat: 1276

	% Daily Values*
Total Fat 146g	225%
Saturated Fat 22g	110%
Cholesterol 0mg	0%
Sodium 1106mg	46%
Total Carbohydrates 624g	208%
Dietary Fiber 48g	193%
Protein 55g	

Vitamin A	87%
Vitamin C	76%
Calcium	29%
Iron	103%

Percent Daily Values are based on a 2000 calorie diet.