

# Baked Apricots

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

*2 cans (15 ounce ea) apricots  
1 stick margarine  
2/3 cup brown sugar  
1 box (12 ounce) Ritz crackers  
ginger  
cinnamon*

Preheat the oven to 375 degrees.

Butter the bottom of a baking dish.

Drain the fruit, reserving the juice. Place the halves in the baking dish. Dot each half with butter. Cover this with a rather thick coating of brown sugar.

Sprinkle with the cinnamon and ginger. Top this with a layer of crumbled crackers. Dot with butter. Repeat the process again so that you have two layers of apricots. Pour the apricot juice over the casserole.

Bake for 15 to 20 minutes.

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Per Serving (excluding unknown items): 1206 Calories; 91g Fat (66.4% calories from fat); 2g Protein; 102g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1104mg Sodium. Exchanges: 1/2 Fruit; 18 Fat; 6 Other Carbohydrates.

Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	1206	Vitamin B6 (mg):	trace
% Calories from Fat:	66.4%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	33.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.6%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	91g	Folacin (mcg):	8mcg
Saturated Fat (g):	16g	Niacin (mg):	1mg
Monounsaturated Fat (g):	44g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	27g	Alcohol (kcal):	0

<b>Cholesterol (mg):</b>	0mg
<b>Carbohydrate (g):</b>	102g
<b>Dietary Fiber (g):</b>	1g
<b>Protein (g):</b>	2g
<b>Sodium (mg):</b>	1104mg
<b>Potassium (mg):</b>	586mg
<b>Calcium (mg):</b>	125mg
<b>Iron (mg):</b>	2mg
<b>Zinc (mg):</b>	trace
<b>Vitamin C (mg):</b>	7mg
<b>Vitamin A (i.u.):</b>	5864IU
<b>Vitamin A (r.e.):</b>	1085 1/2RE

% Daily Values      0 0%

## Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	0
<b>Fruit:</b>	1/2
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	18
<b>Other Carbohydrates:</b>	6

## Nutrition Facts

### Amount Per Serving

**Calories** 1206      Calories from Fat: 800

### % Daily Values\*

<b>Total Fat</b>	91g	140%
Saturated Fat	16g	79%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	1104mg	46%
<b>Total Carbohydrates</b>	102g	34%
Dietary Fiber	1g	5%
<b>Protein</b>	2g	
<b>Vitamin A</b>		117%
<b>Vitamin C</b>		12%
<b>Calcium</b>		12%
<b>Iron</b>		12%

\* Percent Daily Values are based on a 2000 calorie diet.