



A Nutrition Resource

SWEET POTATO AND APPLE BAKE

Yield: 6 Servings | Serving Size: 3/4 cup

Cost/Serving: \$0.84

Ingredients:

- 2 (15-ounce) cans sweet potatoes, drained (save 2 Tablespoons of the liquid)
- 2 cups apples, peeled, cored, and cut into bite sized pieces (Granny Smith apples work well in the recipe)
- 2 Tablespoons brown sugar
- 1/3 cup chopped pecans
- 2 Tablespoons flour
- 2 Tablespoons melted butter

Directions:

- 1) Preheat oven to 350°F.
- 2) Put sweet potatoes in a baking dish.
- 3) Add apples.
- 4) Pour 2 Tablespoons of the sweet potato liquid over the mixture.
- 5) Mix brown sugar, pecans, flour, and melted butter together in a small bowl.
- 6) Sprinkle over the top of the sweet potato/apple mix.
- 7) Bake for 20 to 30 minutes, until the top is golden brown and bubbly.

This recipe is used with the permission of Colorado State University Extension's Easting Smart Being Active program.

Nutrition Facts

6 servings per container

Serving size 1/2 cup (155g)

Amount Per Serving
Calories **120**

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 81mg	6%
Iron 1mg	6%
Potassium 155mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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