



A Nutrition Resource

# SWEET POTATO AND APPLE BAKE

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

**Cost/Serving: \$0.89**

## 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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