

Baked Apples and Sweet Potatoes

Serving Size: 1/6 of recipe

Yield: 6 servings

Ingredients

5	sweet potatoes (cooked)
4	apple
1/2 cup	brown sugar
1/2 teaspoon	salt
1/4 cup	margarine
1 teaspoon	nutmeg
1/4 cup	hot water
2 tablespoons	honey

Instructions

1. Boil 5 sweet potatoes in water until they are almost tender.
2. After the sweet potatoes cool, peel and slice them.
3. Peel the apples. Remove the cores, and slice the apples.
4. Preheat the oven to 400 degrees.
5. Grease the casserole dish with butter or margarine.
6. Put a layer of sweet potatoes on the bottom of the dish.
7. Add a layer of apple slices.
8. Add some sugar, salt, and tiny pieces of margarine to the apple layer.
9. Repeat steps 6, 7, and 8 to make more layers of sweet potatoes, apples, and sugar/salt.
10. On the top layer of apples, sprinkle the rest of the brown sugar and margarine pieces.
11. Sprinkle the top layer with nutmeg.
12. Mix the hot water and honey together. Pour the mix over the top layer.
13. Bake for about 30 minutes until apples are tender.

Cost

Per recipe: \$4.57

Per serving: \$0.76

Nutrition Facts	
Serving Size 1/6 of recipe (253g)	
Servings Per Container 6	
Amount Per Serving	
Calories 300	Calories from Fat 70
<hr/>	
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 1.5g	
Cholesterol 0mg	0%
Sodium 320mg	13%
Total Carbohydrate 60g	20%
Dietary Fiber 6g	24%
Sugars 39g	
Protein 2g	
<hr/>	
Vitamin A 310%	• Vitamin C 10%
Calcium 6%	• Iron 6%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	Less than 85g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	