

# 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	
<b>Calories</b> 300	Calories from Fat 70
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	% Daily Value*
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 1.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 320mg	<b>13%</b>
<b>Total Carbohydrate</b> 60g	<b>20%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 39g	
<b>Protein</b> 2g	
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Vitamin A 310%	• Vitamin C 10%
Calcium 6%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	