



A Nutrition Resource

SPICED SWEET POTATO CASSEROLE

Yield: 8 Servings | Serving Size: 1/2 cup
Cost/serving: \$0.70

Ingredients:

3 pounds sweet potatoes (about 3 large)
1/4 cup packed brown sugar
2 Tablespoons unsalted butter
2 Tablespoons orange juice concentrate
2 teaspoons cinnamon
1/2 teaspoon salt
1/2 teaspoon nutmeg
2 large eggs
Optional: 1/4 cup chopped pecans

Directions:

- 1) Preheat oven to 350°F.
- 2) Pierce potatoes with a fork; arrange in a circle on paper towels in microwave oven. Microwave at HIGH 16 minutes or until tender, rearranging potatoes after 8 minutes. Let stand 5 minutes.
- 3) Cut each potato in half lengthwise; scoop out pulp into a large bowl. Discard skins. Add brown sugar, butter, orange juice concentrate, cinnamon, salt, and nutmeg, and beat with a mixer at low speed until combined. Add eggs; beat until smooth.
- 4) Spoon mixture into a 1 1/2-quart baking dish; sprinkle with pecans, if using. Bake at 350°F for 45 minutes or until thoroughly heated.

Nutrition Facts

8 servings per container
Serving size 1/2 cup (197g)

Amount per serving
Calories 230

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 220mg 10%

Total Carbohydrate 44g 16%

Dietary Fiber 6g 21%

Total Sugars 19g

Includes 8g Added Sugars 16%

Protein 5g

Vitamin D 0mcg 0%

Calcium 79mg 6%

Iron 1mg 6%

Potassium 859mg 20%

*The % Daily Value 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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