



Baked Apples and Sweet Potatoes

Servings:

10

Ingredients:

- 3 apples, washed
- 5 sweet potatoes, washed
- Vegetable oil spray
- 1 15-ounce can of pineapple chunks, packed in 100% juice
- 1/3 cup brown sugar

Directions:

1. In large pot, cook potatoes in water until tender.
2. Drain potatoes, cool, peel, and cut into thick slices.
3. Peel apples and slice.
4. Preheat oven to 325 degrees.
5. Spray a large baking dish with vegetable oil spray.
6. Layer sweet potatoes, apples, pineapple, and brown sugar in baking pan.
7. Cover with foil.
8. Bake for 45 minutes.

Nutrition Facts

Serving Size 1 cup (169g)
 Servings Per Container 10

Amount Per Serving		
Calories	140	Calories from Fat 0
		% Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	40mg	2%
Total Carbohydrate	35g	12%
Dietary Fiber	4g	16%
Sugars	22g	
Protein	1g	
Vitamin A	190%	Vitamin C 15%
Calcium	4%	Iron 4%

*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	65g	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

