

# Healthy Children, Healthy Family

## Apple-Glazed Sweet Potatoes



**Makes:** 8 servings of ½ cup each

**Preparation time:** 30 minutes

**Ingredients:**

2½ cups 100% apple juice

½ tsp. ground cinnamon

¼ tsp. salt

2 lbs. sweet potatoes (about 4 cups of sweet potatoes, peeled and cut into thin slices)

**Instructions:**

1. Mix the apple juice, cinnamon, and salt in a large skillet. Add the sweet potatoes and heat to a boil on the stove.
2. Lower the heat and let the sweet potatoes simmer, uncovered. Stir occasionally. Cook for 20-25 minutes or until the sweet potatoes are tender and juice has reduced to a glaze. Serve hot.

**Note:** Be sure to cook until the juice has turned to a syrup.



### Nutrition Facts

Serving Size (192g)  
Servings Per Container

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 120mg**      **5%**

**Total Carbohydrate 32g**      **11%**

Dietary Fiber 4g      **16%**

Sugars 16g

**Protein 2g**

Vitamin A 440%      •      Vitamin C 35%

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	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

My Family's Goal: We will try our best to

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