

Glazed Sweet Potatoes

Ingredients:

- 1 pound of sweet potatoes, peeled and cut into 1/2 inch-thick slices
- 1 tablespoon cornstarch
- 1 tablespoon brown sugar
- 3/4 cup unsweetened orange juice
- 2 tablespoons lemon juice

Directions:

Spray a 1-quart casserole with cooking spray and place potatoes in. Combine cornstarch and brown sugar in a small bowl. Add orange and lemon juices, stirring well. Pour over potatoes. Cover and bake at 425° for 40 minutes or just until potatoes are tender and glaze is thickened.

Nutrition Facts	
Serving Size @ 6 oz (173g)	
Servings Per Container 4 servings	
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 45mg	2%
Total Carbohydrate 34g	11%
Dietary Fiber 4g	16%
Sugars 16g	
Protein 3g	
Vitamin A 440% • Vitamin C 60%	
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 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Analysis completed using The Food Processor SQL© Nutrition Analysis Software from ESHA Research, Salem, Oregon. 7-31-08

