

# Apple Glazed Sweet Potatoes

- Cinnamon and apple juice help make this dish naturally sweet
- Sweet potatoes are a great source of fiber and are filled with powerful antioxidants like Vitamin A
- Perfect as a starchy side dish or as a lower sugar dessert option
- Top with some toasted nuts or seeds for extra crunch and a dose of heart healthy fats

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>3/4 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>270</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 280mg	<b>12%</b>
<b>Total Carbohydrate</b> 63g	<b>23%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 24g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 84mg	<b>6%</b>
Iron 2mg	<b>10%</b>
Potassium 922mg	<b>20%</b>
<small>*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.</small>	

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Servings: 4

Prep Time: less than 30 minutes



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## Ingredients:

- 2 1/2 cup unsweetened 100% apple juice
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 2 pounds sweet potatoes (about 4 small potatoes), peeled and thinly sliced

## Directions:

1. Combine apple juice, cinnamon, and salt in a large skillet. Add sweet potatoes and bring to a boil over high heat.
2. Reduce heat slightly and simmer potatoes, stirring occasionally for 20 to 25 minutes, or until potatoes are tender and juice has been reduced to a glaze. Serve while hot.

Recipe Credit:

[Cachampionsforchange.cdph.ca.gov](http://Cachampionsforchange.cdph.ca.gov)