

# Maple Sweet Potatoes

Yield 2 servings

## Ingredients

2	sweet potatoes (large)
2 tablespoons	yogurt, non-fat
1 tablespoon	maple syrup
1 tablespoon	orange juice

## Instructions

1. Prick potato skins with a fork. Microwave on high for 3 to 4 minute until soft and easily pierced with a knife.
2. Scoop out the pulp into a medium bowl. Mash the pulp and stir in the yogurt, maple syrup, and orange juice. Transfer to a microwave safe serving bowl and microwave for 1 to 2 minutes to heat through.

## Cost

Per recipe: \$1.32  
Per serving: \$0.66

## Source

University of Connecticut, Family Nutrition Program, Senior Nutrition Awareness Project (SNAP) Newsletters

## Nutrition Facts

Serving Size 1/2 of recipe (162g)  
Servings Per Container 2

Amount Per Serving

**Calories 150**      **Calories from Fat 0**

**% Daily Value\***

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 80mg**      **3%**

**Total Carbohydrate 35g**      **12%**

Dietary Fiber 4g      **16%**

Sugars 13g

**Protein 3g**

Vitamin A 370%      •      Vitamin C 6%

Calcium 6%      •      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	Less than	300g	375g
Dietary Fiber		25g	30g

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