

# Eat Smart • Move More

## Baked Apples & Sweet Potatoes

**Prep Time:** 15 minutes

**Total Time:** 45 minutes



### Ingredients

Nonstick cooking spray  
¼ cup brown sugar, packed  
¼ cup hot water  
2 tablespoons butter, melted  
1 teaspoon ground nutmeg  
3 apples, cored and cubed  
3 sweet potatoes, peeled and cubed

### Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1 serving (167.42g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 260mg	<b>11%</b>
<b>Total Carbohydrate</b> 32g	<b>12%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 18g	
Includes 6g of Added Sugars	<b>12%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 32mg	<b>2%</b>
Iron 1mg	<b>4%</b>
Potassium 326mg	<b>6%</b>
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

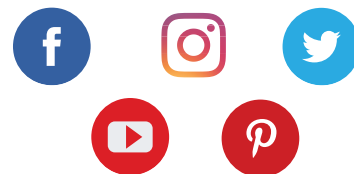
### Directions

- Heat oven to 400°F. Spray a baking dish with nonstick cooking spray.
- Combine brown sugar, water, butter, and nutmeg in a mixing bowl. Toss apples and sweet potatoes in the mixture until well coated.
- Add sweet potato and apple cubes to the baking dish.
- Cook for 30 minutes or until apples and sweet potatoes are tender.

### Quick Tips

- ▶ Granny Smith, Honeycrisp, or Pink Lady are great choices of baking apples.
- ▶ Use unsalted butter when cooking and baking. Unsalted butter has approximately 90 milligrams less sodium than salted butter.

### Follow us | Like us



[www.eatsmartmovemoreva.org](http://www.eatsmartmovemoreva.org)

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)



Virginia Tech • Virginia State University

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

(Recipe adapted from: <http://allrecipes.com>.)

[www.eatsmartmovemoreva.org](http://www.eatsmartmovemoreva.org)