

# Eat Smart • Move More

## Manzanas & Camotes al Horno

Tiempo de Preparación: 15 minutos

Tiempo Total: 45 minutos



### Ingredientes

Aerosol antiadherente para cocinar  
1/4 taza de azúcar moreno  
1/4 taza de agua caliente  
2 cucharadas de mantequilla derretida  
1 cucharadita de nuez moscada molida  
3 camotes, pelados y en rodajas  
3 manzanas, sin corazón y en rodajas

### Nutrition Facts

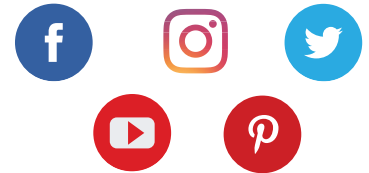
6 servings per container	
<b>Serving size</b>	<b>1 serving (167.42g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 260mg	<b>11%</b>
<b>Total Carbohydrate</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>

\*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.

### Consejos Rápidos

- ▶ Granny Smith, Honeycrisp o Pink Lady son excelentes opciones de manzanas para hornear.
- ▶ Utilice mantequilla sin sal cuando cocina y hornea. La mantequilla sin sal tiene aproximadamente 90 miligramos menos de sodio que la mantequilla con sal.

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### Preparación

- Calentar el horno a 400°F. Colocar el aerosol antiadherente en una fuente para horno.
- Combinar el azúcar morena, el agua, la mantequilla y la nuez moscada en un bol. Mezclar las manzanas y los camotes hasta que estén bien cubiertas.
- Agregar los camotes y rodajas de manzana al fuente para horno.
- Cocinar durante 30 minutos o hasta que las manzanas y los camotes se encuentren tiernas.

(Receta adaptada de: <http://allrecipes.com>.)

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