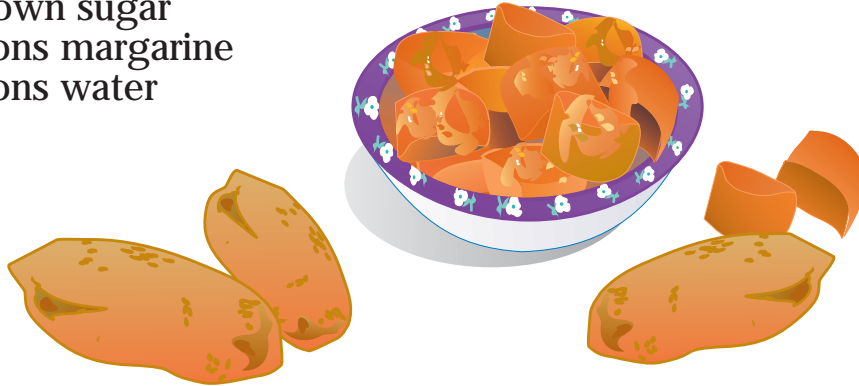


Candied Sweet Potatoes

Ingredients:

- 2 pounds sweet potatoes (6 medium potatoes)
- 1/2 cup brown sugar
- 3 tablespoons margarine
- 3 tablespoons water



Preparation:

1. Peel and cook (boil) sweet potatoes on stove top.
2. Cut crosswise into 1/2 inch slices.
3. Mix brown sugar, margarine, and water in an 8 inch skillet.
4. Cook over medium heat, stirring constantly until smooth and bubbly.
5. Add sweet potato slices, stir gently until glazed and heated thoroughly.

Makes four 1 cup servings

Amount Per Serving	
Calories	320
Calories from Fat	80
% Daily Values*	
Total Fat	9g 14%
Saturated Fat	2g 9%
Cholesterol	0mg 0%
Sodium	130mg 5%
Total Carbohydrate	5g 20%
Dietary Fiber	3g 12%
Sugars	3g
Protein 3g	
Vitamin A	590%
Vitamin C	50%
Calcium	6%
Iron	8%
*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	



This is an official 5 A Day recipe: one serving is equal to one serving of fruits and/or vegetables.