

SWEET POTATOES

CANNED

for use in the USDA Household
Commodity Food Distribution Programs

03/14/03

Product Description

- **Sweet potatoes** are U.S. grade 2 or better golden, yellow, or mixed variety.
- Sweet potatoes are either whole or cut, and are packed in light syrup.

Pack/Yield

Sweet potatoes are packed in a 15.5 ounce can, which yields approximately 1¼ cups, or about 2.5 ½-cup servings after draining.

Storage

- Store unopened cans in a cool, dry place off the floor.
- Store opened sweet potatoes in a covered container and refrigerate. Use within 5 to 7 days.

Uses and Tips

- Sweet potatoes are fully cooked, and may be heated with spices or canned fruits. They may be used in soups or in baked goods such as sweet potato pie or sweet potato bread.
- Cinnamon, grated lemon or orange rind, raisins, drained canned pineapple, or nuts may be added for more flavor.
- Mashed sweet potatoes may be used in recipes calling for pumpkin puree.



U.S. Department of Agriculture

Nutrition Information

- Sweet potatoes are an **excellent source** of Vitamin A, and are a **good source** of Vitamin C and fiber.
- ½ cup of sweet potatoes provides 1 serving from the **VEGETABLE GROUP** of the Food Guide Pyramid.
- Diabetics: ⅓ cup of sweet potatoes equals one **STARCHY VEGETABLE** diabetic exchange.

(See recipes on reverse side)

Nutrition Facts			
Serving size ½ cup (98g)			
Sweet potatoes, drained			
Amount Per Serving			
Calories	110	Fat Cal	0
% Daily Value*			
Total Fat	0g		0%
	Saturated Fat 0g		0%
Cholesterol	0mg		0%
Sodium	40mg		2%
Total Carbohydrate	25g		8%
	Dietary Fiber 3g		12%
Protein	1g		
Vitamin A	140%	Vitamin C	18%
Calcium	2%	Iron	6%
*Percent Daily Values are based on a 2,000 calorie diet.			

Sweet Potato Casserole

2 (15.5 ounce) cans sweet potatoes
½ cup white sugar
1 egg (or ¼ cup egg mix + ¼ cup water)
2 tablespoons melted butter, divided
3 tablespoons milk
½ teaspoon vanilla extract
½ cup packed brown sugar
¼ cup chopped walnuts or pecans
3 tablespoons flour
1 tablespoon water

Recipe provided by AllRecipes.com

1. Preheat oven to 350°F. Coat 1-quart baking dish with non-stick cooking spray.
2. Drain and mash sweet potatoes. Add white sugar, egg, 1 tablespoon melted butter, milk, and vanilla and mix well. Spoon into the prepared baking dish.
3. In a separate bowl, combine the brown sugar, chopped nuts, flour, 1 tablespoon water, and the remaining tablespoon of melted butter. Sprinkle over the top of the sweet potato mixture.
4. Bake at 350°F for 35 minutes or until casserole is heated and brown sugar topping is melted.

Serves 6

Nutrition Information for each serving of Sweet Potato Casserole:

Calories	400	Cholesterol	45mg	Sugar	34g	Calcium	55mg
Calories from Fat	70	Sodium	75mg	Protein	5g	Iron	2mg
Total Fat	8g	Total Carbohydrate	80g	Vitamin A	60RE		
Saturated Fat	3g	Dietary Fiber	6g	Vitamin C	18mg		

Sweet Potato Biscuits

1 cup flour
3 teaspoons baking powder
3 tablespoons sugar
3 tablespoons margarine or butter
1 cup mashed sweet potatoes
½ cup skim milk

Recipe provided by Recipe Source

1. Preheat oven to 425°F.
2. Combine flour, baking powder, and sugar. Cut in margarine. Stir in mashed potatoes. Gradually add milk to form dough.
3. Roll or pat dough to ½ inch thickness on floured board. Cut with biscuit cutter.
4. Bake biscuits on a greased cookie sheet for 12-15 minutes.

Makes 10 biscuits

Nutrition Information for 1 Sweet Potato Biscuit :

Calories	120	Cholesterol	0mg	Sugar	4g	Calcium	42mg
Calories from Fat	30	Sodium	170mg	Protein	2g	Iron	1mg
Total Fat	3.5g	Total Carbohydrate	19g	Vitamin A	448RE		
Saturated Fat	1g	Dietary Fiber	1g	Vitamin C	3mg		

These recipes, presented to you by USDA, have not been tested or standardized.

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