

Roasted Sweet Potatoes and Apples

If you are already cooking a meal requiring 350 degree heat, make good use of the time and energy and roast the vegetables, too.

1 large sweet potato, peeled and cut into 1 to 1 1/2 inch chunks
2 medium apples, cut into 1 to 1 1/2 inch chunks
olive oil spray

Cut vegetables into equal sized chunks, spray with olive oil spray, and spread them on a non-stick baking sheet, uncovered. Bake for 30 to 45 minutes, until tender. Alternatively: Wrap the vegetables in foil or put them in a covered baking dish with a small amount of water. (This actually steams them, rather than roasts them.) Bake at 350 degrees for 20 to 30 minutes (depending on the size of the chunks) until tender crisp. When you open the foil, be careful of escaping steam so that you don't get burned.

Servings: 4

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

The following ingredients were not linked to the ingredient database and were not included in the nutrition information:

olive oil spray

Amount Per Serving	
Calories	89.69
Calories From Fat (1%)	1.17
% Daily Value	
Total Fat 0.14g	0%
Saturated Fat 0.03g	0%
Cholesterol 0.00mg	0%
Sodium 37.20mg	2%
Potassium 290.98mg	8%
Carbohydrates 22.01g	7%
Dietary Fiber 3.50g	14%
Sugar 9.27g	
Sugar Alcohols 0.00g	
Net Carbohydrates 18.52g	
Protein 1.21g	2%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
1 large sweet potato, peeled and cut into 1 to 1 1/2 inch chunks	2 x 1 cup, cubes of Sweetpotato, raw
2 medium apples, cut into 1 to 1 1/2 inch chunks	2 x 1 cup, quartered or chopped of Apples, raw, with skin
olive oil spray	Not linked

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