

Stuffed Sweet Potatoes

2 6 ounce baked sweet potatoes, halved lengthwise
1/2 cup crushed pineapple, drained
1/4 cup raisins
1 tablespoon butter
1/2 teaspoon pumpkin pie spice
Dash salt

Preheat oven to 400 degrees F. Scoop out pulp from potato halves into mixing bowl, leaving 1/4-inch shells. Mash pulp; reserve shells. Add remaining ingredients to potato pulp; stir to combine. Spoon potato mixture evenly into reserved shells; place on baking sheet and bake until heated through, about 10 minutes.

Servings: 4

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

| Amount Per Serving | |
|-----------------------------|------------|
| Calories | 148.23 |
| Calories From Fat (18%) | 26.80 |
| % Daily Value | |
| Total Fat 3.06g | 5% |
| Saturated Fat 1.87g | 9% |
| Cholesterol 7.63mg | 3% |
| Sodium 44.60mg | 2% |
| Potassium 422.46mg | 12% |
| Carbohydrates 30.01g | 10% |
| Dietary Fiber 1.83g | 7% |
| Sugar 11.95g | |
| Sugar Alcohols 0.00g | |
| Net Carbohydrates 28.18g | |
| Protein 2.02g | 4% |

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 |
|---|---|
| 2 6 ounce baked sweet potatoes, halved lengthwise | 2 x 1 potato (2-1/3" x 4-3/4") of Potatoes, baked, flesh, without salt |
| 1/2 cup crushed pineapple, drained | 0.50 x 1 cup, crushed, sliced, or chunks of Pineapple, canned, juice pack, solids and liquids |
| 1/4 cup raisins | 0.25 x 1 cup, packed of Raisins, seedless |
| 1 tablespoon butter | 1 x 1 tablespoon of Butter, without salt |
| 1/2 teaspoon pumpkin pie spice | 0.50 x 1 teaspoon of Spices, pumpkin pie spice |
| Dash salt | 1 x 1 dash of Salt, table |

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