



Pineapple Glazed Sweet Potatoes

Yield - 100 ¼cup servings

Ingredients

8 ½qts. Sweetpotato, canned,
vacuum packed
1 #10 can Pineapple, crushed &
drained
1 Tbsp. Salt
2 lbs. Brown Sugar
1 cup Butter

How to Prepare

1. Cut sweet potatoes into half and put into baking pans, placing them in rows.
2. Spoon pineapple over sweet potatoes, then sprinkle salt and brown sugar.
3. Dot with butter and bake in 425°F oven about 30 minutes.
3. Baste occasionally.

*****Nutritional Information Per Serving*****

Calories = 123	Saturated Fat = 1.32g	Dietary Fiber = 1.48g	Vitamin C = 19.51mg
Carbohydrate = 26.01g	Cholesterol = 0mg	Protein = 1.23g	Calcium = 26.75mg
Total fat = 1.99g	Sodium = 132mg	Vitamin A = 561RE	Iron = 0.86mg

Recipe provided by Consumer Service Division, National Canners Assoc., Washington, DC

