

Sweet Potato Puffs

Serving Information

Serves 10 (1 serving = 1 puff)
Puffs can be served half their original size to serve 20.

Ingredients

2 lbs. sweet potatoes or yams
1/3 cup orange juice
1 egg, lightly beaten
1 Tbsp. grated orange peel
1/2 tsp. ground nutmeg
1/4 cup finely chopped nuts

Equipment

Medium saucepan
Colander
Large bowl
Potato masher or mixer
Measuring cups and spoons
Cookie or baking sheet

Directions

1. Preheat oven to 375°F.
2. Spray cookie sheet with cooking oil.
3. Peel, and cut potatoes into 1 inch pieces. Place in medium saucepan, cover with water and bring to a boil.
4. Cook 10-15 minutes until tender.
5. Drain, place in large bowl and mash until smooth.
6. Add remaining ingredients, except for nuts.
7. Spoon mixture onto cookie sheet in 10 mounds. Sprinkle with nuts.
8. Bake 30 minutes. Occasionally check for any burning while cooking.

Source: Dining with Diabetes WVUES, 2000-Present

Nutrition Facts			
Serving Size 10 (1g)			
Serving Per Container 10			
Amount Per Serving			
Calories 130			
	% Daily Values*		
Total Fat 3g	5%		
Saturated Fat 0.5g	3%		
Trans Fat 0g			
Monounsaturated Fat 1.3g			
Cholesterol 19mg	6%		
Potassium 613mg	18%		
Sodium 20mg	1%		
Total Carbohydrate 23g	8%		
Dietary Fiber 2g	8%		
Sugars 12g			
Protein 4g	8%		
Vitamin C 7.5%	Iron 6.7%		
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g