

# Sweet Potato Cashew Bake

Colleen Karpac

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

## Servings: 6

*1/2 cup brown sugar, firmly packed  
1/3 cup broken cashews  
salt (to taste)  
1/8 teaspoon ground ginger  
2 pounds sweet potatoes, cooked,  
peeled and cut into thick chunks  
1 can (8 ounce) peach slices, well  
drained  
3 tablespoons , butter or margarine*

Preheat the oven to 350 degrees.

In a bowl, combine the brown sugar, cashews, salt and ginger.

In a lightly greased 10x6x2-inch baking dish, layer one-half of the sweet potatoes, one-half of the peach slices and one-half of the brown sugar mixture. Repeat the layers. Dot with butter.

Cover and bake for 30 minutes.

Spoon the brown sugar syrup over the potatoes before serving.

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Per Serving (excluding unknown items): 172 Calories; trace Fat (1.8% calories from fat); 2g Protein; 41g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 19mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Fruit; 0 Fat; 1 Other Carbohydrates.

## Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	172
% Calories from Fat:	1.8%
% Calories from Carbohydrates:	93.7%
% Calories from Protein:	4.5%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	41g

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	16mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Dietary Fiber (g): 4g  
 Protein (g): 2g  
 Sodium (mg): 19mg  
 Potassium (mg): 320mg  
 Calcium (mg): 36mg  
 Iron (mg): 1mg  
 Zinc (mg): trace  
 Vitamin C (mg): 27mg  
 Vitamin A (i.u.): 22012IU  
 Vitamin A (r.e.): 2201RE

Grain (Starch): 1 1/2  
 Lean Meat: 0  
 Vegetable: 0  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 0  
 Other Carbohydrates: 1

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

Calories 172                      Calories from Fat: 3

### % Daily Values\*

<b>Total Fat</b>	trace	1%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	19mg	1%
<b>Total Carbohydrates</b>	41g	14%
Dietary Fiber	4g	15%
<b>Protein</b>	2g	

<b>Vitamin A</b>	440%
<b>Vitamin C</b>	44%
<b>Calcium</b>	4%
<b>Iron</b>	5%

\* Percent Daily Values are based on a 2000 calorie diet.