

# Sweet Potato Puff II

*Chicky Weiner*

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

## Servings: 10

*3 pounds sweet potatoes, cooked*  
*1/3 cup butter or margarine, melted*  
*1 cup sugar, divided*  
*6 eggs, separated*  
*1 tablespoon lemon rind, grated*  
*1 cup orange juice*  
*1/4 teaspoon ground cinnamon*

Preheat the oven to 350 degrees.

In a large bowl of an electric mixer, beat the cooked sweet potatoes until smooth. Stir in the butter and 3/4 cup of the sugar.

In a bowl, beat the egg yolks. Add the lemon rind, orange juice and cinnamon. Stir into the potatoes.

In the small bowl of an electric mixer, beat the egg whites until stiff peaks form. Fold into the sweet potato mixture.

Pour the mixture into a greased souffle dish. Sprinkle the top with the remaining 1/4 cup of sugar.

Bake for one hour.

---

Per Serving (excluding unknown items): 290 Calories; 9g Fat (28.8% calories from fat); 6g Protein; 47g Carbohydrate; 3g Dietary Fiber; 144mg Cholesterol; 117mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 1 1/2 Fat; 1 1/2 Other Carbohydrates.

## Side Dishes

### Per Serving Nutritional Analysis

Calories (kcal):	290
% Calories from Fat:	28.8%
% Calories from Carbohydrates:	63.6%
% Calories from Protein:	7.7%
Total Fat (g):	9g

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	.4mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	42mcg

**Saturated Fat (g):** 5g  
**Monounsaturated Fat (g):** 3g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 144mg  
**Carbohydrate (g):** 47g  
**Dietary Fiber (g):** 3g  
**Protein (g):** 6g  
**Sodium (mg):** 117mg  
**Potassium (mg):** 293mg  
**Calcium (mg):** 43mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 35mg  
**Vitamin A (i.u.):** 20100IU  
**Vitamin A (r.e.):** 2078 1/2RE

**Niacin (mg):** 1mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0 0%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 10

### Amount Per Serving

**Calories** 290 **Calories from Fat:** 83

### % Daily Values\*

**Total Fat** 9g 14%  
     Saturated Fat 5g 24%  
**Cholesterol** 144mg 48%  
**Sodium** 117mg 5%  
**Total Carbohydrates** 47g 16%  
     Dietary Fiber 3g 12%  
**Protein** 6g

**Vitamin A** 402%  
**Vitamin C** 59%  
**Calcium** 4%  
**Iron** 7%

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