

Apricot-Glazed Sweet Potatoes

Publix Aprons
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Servings: 6

2 large sweet potatoes
zest of one orange
juice of one orange
2 tablespoons parsley, finely chopped
6 tablespoons unsalted butter
2/3 cup low-sugar apricot preserves
1/2 teaspoon ground nutmeg
1 teaspoon Kosher salt

Peel the potatoes. Cut into 1/2-inch cubes (about six cups). Place the potatoes in a microwave-safe bowl with two tablespoons of water. Cover. Microwave on HIGH for 8 to 10 minutes or until tender.

Zest/grate the orange peel (no white, 1/2 teaspoon). Squeeze the orange for juice (1/4 cup). Chop the parsley.

Preheat a small saucepan on medium for 2 to 3 minutes. Add the butter, preserves, nutmeg and Kosher salt. Cook and stir for 5 to 7 minutes or until the glaze is thick.

Drain the potatoes well. Toss with the glaze and top with parsley.

Serve.

Start to Finish Time: 25 minutes

Per Serving (excluding unknown items): 149 Calories; 12g Fat (69.5% calories from fat); 1g Protein; 11g Carbohydrate; 1g Dietary Fiber; 31mg Cholesterol; 321mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Vegetable; 2 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	149	Vitamin B6 (mg):	.1mg
% Calories from Fat:	69.5%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	28.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.3%	Riboflavin B2 (mg):	.1mg

Total Fat (g): 12g
Saturated Fat (g): 7g
Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 31mg
Carbohydrate (g): 11g
Dietary Fiber (g): 1g
Protein (g): 1g
Sodium (mg): 321mg
Potassium (mg): 100mg
Calcium (mg): 15mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 12mg
Vitamin A (i.u.): 9193IU
Vitamin A (r.e.): 982 1/2RE

Folacin (mcg): 8mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Daily Value*

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 149 **Calories from Fat:** 103

% Daily Values*

Total Fat 12g 18%
 Saturated Fat 7g 36%
Cholesterol 31mg 10%
Sodium 321mg 13%
Total Carbohydrates 11g 4%
 Dietary Fiber 1g 6%
Protein 1g

Vitamin A 184%
Vitamin C 19%
Calcium 1%
Iron 2%

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