

Sweet Potato Puffs

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Servings: 10

Preparation Time: 15 minutes

Bake Time: 30 minutes

Exchanges: 1 Starch/bread; 1/2 fat

Calories 103; Total fat 3g; Saturated fat <1g; Carbohydrates 19g; Cholesterol 21mg; Fiber 2g; protein 2g; sodium 14mg

2 pounds Sweet potatoes

1/3 cup orange juice

1 egg, beaten

1 tablespoon orange peel, grated

1/2 teaspoon ground nutmeg

1/2 cup pecans

Preheat oven to 375 degrees. Spray baking sheet with nonstick cooking spray.

Peel and cut sweet potatoes into 1-inch pieces. Place potatoes in medium saucepan. Add enough water to cover; bring to a boil over medium high heat. Cook 10-15 minutes or until tender.

Drain potatoes and place in large bowl; mash until smooth.

Add orange juice, egg, orange peel and nutmeg; mix wel.

Spoon potato mixture into 10 mounds on greased baking sheet. Sprinkle pecans on tops of mounds.

Bake 30 minutes or until centers are hot. Garnish if desired.

Per Serving (excluding unknown items): 117 Calories; 4g Fat (33.1% calories from fat); 2g Protein; 18g Carbohydrate; 2g Dietary Fiber; 21mg Cholesterol; 16mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 Fat.