

## Potatoes, Sweet, Canned

MyPlate Food Group: **Vegetable**



### Product Description

- Canned sweet potatoes are U.S. Grade A, golden, yellow, or mixed variety.
- Canned sweet potatoes are a low-sodium food.
- Canned sweet potatoes are either whole or cut, and are packed in light syrup.

### Storage

- Store unopened cans in a cool, clean, dry place.
- For best quality, store unused portion in the refrigerator in a nonmetal container.

### Uses and Tips

- Serve canned sweet potatoes heated, or use in a variety of soups or baked goods like pies, cookies, breads, and muffins.
- Add flavor to canned sweet potatoes by mixing with grated lemon or orange peels, raisins, canned pineapple (drained), or nuts.

### Nutrition Information

- ½ cup canned sweet potatoes counts as ½ cup in the MyPlate.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.

### Resources

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.foodsafety.gov](http://www.foodsafety.gov)

### Nutrition Facts

Serving size: ½ cup (98g) sweet potatoes, low-sodium, canned

#### Amount Per Serving

**Calories** 110      **Calories from Fat** 0

#### -% Daily Value\*

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 40mg	<b>2%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 6g	
<b>Protein</b> 1g	
Vitamin A 180%	Vitamin C 20%
Calcium 2%	Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

# USDA Foods

## Sweet Potato Patties

Makes about 6 servings

### Ingredients

- 1 can (about 15 ounces) low-sodium sweet potatoes
- 1 cup crushed bread crumbs
- 1 tablespoon vegetable oil

### Directions

1. Place sweet potatoes in medium bowl and mash with a fork.
2. Put the crushed bread crumbs in a small bowl.
3. Shape the sweet potatoes into 6 small patties.
4. Roll each patty in bread crumbs.
5. Heat oil in pan on medium heat.
6. Brown each patty on both sides in oil.

### Tip

Try adding some finely chopped apple to the sweet potatoes.

*Recipe adapted from SNAP-ED Connection Recipe Finder*

## Mashed Sweet Potatoes and Pears

Makes about 8 servings

### Ingredients

- 2 cans (about 15 ounces each) low-sodium sweet potatoes, drained
- 1 can (about 15 ounces) pears, drained
- 1/3 cup brown sugar, packed (or 1/3 cup regular sugar)
- 1/4 cup margarine, softened
- 1/4 teaspoon cinnamon

### Directions

1. Place sweet potatoes in a large mixing bowl. Add pears, sugar, margarine, and cinnamon and mix until combined. Mash completely using a fork.
2. Place in microwave-safe dish with lid and heat on high for about 4 minutes, stir.
3. Heat on high for another 1 to 3 minutes or until heated evenly.

*Recipe adapted from Allrecipes.com*