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 sweet potatoes in a cool, clean, dry place.
- Store remaining opened sweet potatoes in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site.

PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

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 graded lemon or orange peels, raisins, canned pineapples (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.
- ½ cup of canned sweet potatoes provides more than a day’s worth of vitamin A.

FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, throw it away.
- If the canned food has a bad odor, or liquid spurts out when the can is opened, throw it away.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov

NUTRITION FACTS

| Serving size: ½ cup (98g) sweet potatoes, canned |
|---|---|---|
| Amount Per Serving | | |
| Calories | 110 | Calories from Fat | 5 |
| % Daily Value* | | |
| Total Fat | 0g | % | 0% |
| Saturated Fat | 0g | % | 0% |
| Trans Fat | 0g | % | |
| Cholesterol | 0mg | % | 0% |
| Sodium | 40mg | % | 2% |
| Total Carbohydrate | 25g | % | 8% |
| Dietary Fiber | 3g | % | 12% |
| Sugars | 6g | | |
| Protein | 1g | | |
| Vitamin A | 180% | | |
| Calcium | 2% | | |
| Iron | 6% | | |

*Percent Daily Values are based on a 2,000 calorie diet.
SWEET POTATO PATTIES

MAKES ABOUT 6 SERVINGS

Ingredients

1 (15 oz.) can low-sodium sweet potatoes
1 c. crushed bread crumbs
1 T. 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.

Nutrition Information for 1 serving of Sweet Potato Patties

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<th>Total Fat</th>
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Recipe adapted from SNAP-ED Connection Recipe Finder

MASHED SWEET POTATOES AND PEARS

MAKES ABOUT 8 SERVINGS

Ingredients

2 (15 oz.) cans low-sodium sweet potatoes, drained
1 (15 oz.) can pears, drained
½ c. brown sugar, packed (or ½ c. regular sugar)
¼ c. margarine, softened
¼ tsp. 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.

Nutrition Information for 1 serving of Mashed Sweet Potatoes and Pears

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Recipe adapted from by Allrecipes.com, submitted by Taste of Home Test Kitchen.