



SWEET POTATOES, LOW-SODIUM, CANNED

Date: August 2012

Code: 100316

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.

PACK/YIELD

- Canned sweet potatoes are packed in 15 ½ ounce cans, which is about 1 ½ cups or about 3 ½ servings (½ cup each).

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 at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

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
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: ½ cup (98g) sweet potatoes, low-sodium, 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% Vitamin C 20%

Calcium 2% Iron 6%

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

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.

Nutrition Information for 1 serving of Sweet Potato Patties							
Calories	160	Cholesterol	0 mg	Sugar	5 g	Vitamin C	7 mg
Calories from Fat	30	Sodium	160 mg	Protein	3 g	Calcium	44 mg
Total Fat	3.5 g	Total Carbohydrate	30 g	Vitamin A	303 RAE	Iron	1 mg
Saturated Fat	0 g	Dietary Fiber	3 g				

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.

Nutrition Information for 1 serving of Mashed Sweet Potatoes and Pears							
Calories	230	Cholesterol	0 mg	Sugar	21 g	Vitamin C	12 mg
Calories from Fat	50	Sodium	95 mg	Protein	1 g	Calcium	29 mg
Total Fat	6 g	Total Carbohydrate	44 g	Vitamin A	545 RAE	Iron	1 mg
Saturated Fat	1 g	Dietary Fiber	4 g				

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