

Holiday Recipes for Managing Diabetes

Maple Glazed Sweet Potatoes

NUMBER OF SERVINGS:

6

SERVING SIZE:

1/6 of recipe

OVERVIEW:

This recipe is provided by Cary's® Sugar Free Syrup.

INGREDIENTS:

6 Tbsp Cary's®
Sugar Free Syrup

0.25 cup miniature
marshmallows,
optional

1 cup crushed
pineapple in its own
juice

3 cups sweet
potatoes

INSTRUCTIONS:

1. Pour canned sweet potatoes into oven-proof 8" x 8" pan.
2. Toss remaining ingredients (except marshmallows) together in small bowl then spoon over sweet potatoes.
3. Bake at 400 degrees F for 20-22 minutes until heated through. If desired, sprinkle with mini-marshmallows about 15 minutes into baking time.
4. Return to oven for additional 5-8 minutes, baking until marshmallows are golden brown.



NUTRITION:

Total Calories:	122
Calories from Fat:	-2
Total Fat:	2 g
Saturated Fat:	0 g
Cholesterol:	-2 mg
Sodium:	70 mg
Total Carbohydrates:	28 g
Dietary Fiber:	2 g
Sugars:	-2 g

