

# Cranberry Walnut Sweet Potatoes

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## Servings: 8

4 large sweet potatoes  
1 tablespoon butter  
1/4 cup onion, finely chopped  
1 cup fresh or frozen cranberries  
1/3 cup maple syrup  
1/4 cup cranberry juice  
1/4 teaspoon salt, divided  
1/2 cup chopped walnuts, toasted  
1 teaspoon Dijon mustard  
1/4 teaspoon pepper  
2 tablespoons fresh chives, minced

## Preparation Time: 25 minutes

### Bake: 1 hour

Preheat the oven to 400 degrees.

Scrub the sweet potatoes. Pierce several times with a fork. Bake for one hour or until tender.

Meanwhile, in a small saucepan, heat the butter over medium-high heat. Add the onion. Cook and stir until tender. Stir in the cranberries, maple syrup, cranberry juice and 1/8 teaspoon of the salt. Bring to a boil. Reduce the heat and simmer, covered, for 10 to 15 minutes or until the berries pop, stirring occasionally. Stir in the walnuts and Dijon mustard. Heat through.

When the sweet potatoes are cool enough to handle, cut each in half lengthwise. Sprinkle with the pepper and remaining salt. Top each half with the cranberry mixture. Sprinkle with chives.

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Per Serving (excluding unknown items): 170 Calories; 6g Fat (31.3% calories from fat); 3g Protein; 27g Carbohydrate; 2g Dietary Fiber; 4mg Cholesterol; 99mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates.

## Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	170	Vitamin B6 (mg):	.2mg
% Calories from Fat:	31.3%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	61.6%	Thiamin B1 (mg):	.1mg

% Calories from Protein:	7.0%
Total Fat (g):	6g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	4mg
Carbohydrate (g):	27g
Dietary Fiber (g):	2g
Protein (g):	3g
Sodium (mg):	99mg
Potassium (mg):	214mg
Calcium (mg):	36mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	19mg
Vitamin A (i.u.):	13151IU
Vitamin A (r.e.):	1323RE

Riboflavin B2 (mg):	.1mg
Folacin (mcg):	16mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

## Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	1/2

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

<b>Calories</b>	170	Calories from Fat: 53
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### % Daily Values\*

<b>Total Fat</b>	6g	9%
Saturated Fat	1g	6%
<b>Cholesterol</b>	4mg	1%
<b>Sodium</b>	99mg	4%
<b>Total Carbohydrates</b>	27g	9%
Dietary Fiber	2g	10%
<b>Protein</b>	3g	

<b>Vitamin A</b>	263%
<b>Vitamin C</b>	31%
<b>Calcium</b>	4%
<b>Iron</b>	5%

\* Percent Daily Values are based on a 2000 calorie diet.