

SWEET POTATO CUSTARD

USDA SNAP-Ed Recipe Finder

<http://recipefinder.nal.usda.gov/>

& A Healthier You – HHS

<http://www.health.gov/dietaryguidelines/dga2005/healthieryou/html/desserts.html>

Ingredients

- 1 cup cooked sweet potato, mashed
- ½ cup banana, mashed
- 1 cup evaporated milk, fat-free
- 2 Tbsp. brown sugar, packed
- 2 egg yolks, beaten, or 1/3 cup egg substitute
- ½ tsp. salt
- Non-stick cooking spray, as needed
- ¼ cup raisins
- 1 Tbsp. sugar
- 1 tsp. ground cinnamon

Instructions

1. In a medium bowl, stir together sweet potato and banana.
2. Add milk, blending well.
3. Add brown sugar, egg yolks, and salt, mixing thoroughly.
4. Spray a 1-quart casserole with non-stick cooking spray. Transfer sweet potato mixture to casserole dish.
5. Combine raisins, sugar, and cinnamon; sprinkle over top of sweet potato mixture.
6. Bake in pre-heated 325° oven for 40-45 minutes or until a knife inserted near center comes clean.

Makes 6 servings (½ cup per serving)

Cost

Per Recipe: \$ 2.06

Per Serving: \$ 0.34

Nutritional information per serving (6 servings; ½ cup per serving)

Calories: 170

Sugars: 23g

Calories from fat: 15

Protein 5g

Total fat: 2g

Vitamin A: 180%

Saturated fat: .5g

Vitamin C: 20 %

Trans fat: 0g

Calcium: 15%

Cholesterol: 70mg

Iron: 6%

Sodium: 260mg

Total carbohydrate: 35g

Dietary fiber: 3g

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



Wellness Center