

Just Peachy Sweet Potatoes



Sirve:

10 servings

Pieza:

Saladmaster Food Processor
12" Electric Oil Core Skillet

Valora: ☆☆☆☆☆

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Preparación :

1. Combine peach pie filling, brown sugar, lemon juice and cinnamon in electric skillet.
2. Set electric skillet temperature to 275°F/135°C. Heat and continue to stir ingredients until bubbly. Stir in sweet potatoes and cover.
3. Cook at 275°F/135°C until Vapo-Valve™ begins to click. Reduce temperature to 200°F/93°C and cook for 15 - 20 minutes.

Consejos:

- Cooking time may vary depending on how firm you like the sweet potatoes.
- Serve this dish in a small angel food cake cup and compliment with a dollop of whip cream, if desired.

Información nutricional por ración

Calorías: 176
Grasa Total: 1g
Grasa 0g
Saturada:
Colesterol: 0mg
Sodio: 43mg
Carbohidratos: 44g
Fibra 2g
Dietética:
Azúcar: 30g
Proteína: 2g