



Icahn
School of
Medicine at
Mount
Sinai

Department of Genetics and Genomic Sciences
Icahn Institute for Genomics and Multiscale Biology

METABOLIC NUTRITION PROGRAM

Sweet Potato, Carrot and Apple Casserole – 9 Servings

Adapted from Ellie Krieger for Food Network Magazine

Per Serving: 150 Calories, 1.7 gm Protein, 0.3 gm Fat, 37 gm Carbohydrates

Cooking spray

1 pounds sweet potatoes (about 1 medium), peeled and cut into 1-inch chunks

1 pound apple, peeled and cut into 1-inch chunks (about 3 medium)

1 ½ pound carrots, peeled and cut into 1-inch chunks (about 10 medium carrots)

1/3 cup honey

1 ½ tsp dry Ener-G Egg Replacer plus 2 tbsp water

1 teaspoon ground cinnamon

¼ teaspoon ground nutmeg

1/8 teaspoon ground ginger

Kosher salt

1 tablespoon packed dark brown sugar

Directions

1. Preheat oven to 350°F. Mist an 8-inch square baking dish with cooking spray.
2. Bring a few inches of water to a boil in a pot with a large steamer basket in place. Put the sweet potatoes, apples and carrots in the basket, cover and steam until tender, 20 to 25 minutes. Transfer the potatoes, apples and carrots to a bowl and let cool slightly. Add to the bowl the honey, egg replacer (plus the 2 Tbsp water), ½ teaspoon cinnamon, the nutmeg, ginger and ½ teaspoon salt; whip with an electric mixer until smooth. Spread the pureed mixture in the baking dish.
3. Mix the brown sugar and the remaining ½ teaspoon cinnamon in a bowl; sprinkle over the potatoes, apples and carrots. Bake until hot and beginning to brown around the edges, 40 to 45 minutes.

Nutrition Facts	
Serving Size (191g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 37g	12%
Dietary Fiber 5g	20%
Sugars 22g	
Protein 2g	
Vitamin A 400%	Vitamin C 15%
Calcium 6%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	