

Holiday Yams and Apples

Gluten Free

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|-------------------|---------|-------------------|---------|
| Prep Time: | 10 min. | Cook Time: | 30 min. |
|-------------------|---------|-------------------|---------|

Description: Swiss chard, cranberries and chestnuts folded into Stouffer's Yams and Apples – now gluten free. Serve as a fall/winter holiday side, pairs well with roasted turkey.



| Ingredients | Measure |
|--|---------|
| Stouffer's Yams & Apples , 1 tray | 80 oz. |
| Chard, Swiss, cooked, boiled, drained, without salt, Rainbow chard, cooked, chopped, with stems, 2 cup | 16 oz. |
| Cranberries, dried, sweetened , 1/2 cup | 2 oz. |
| Nuts, chestnuts, European, roasted , 1 cup | 4 oz. |

Procedure:

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| 1. | Bake Stouffer's Yams & Apples according to package directions. |
| 2. | Fold in Swiss chard, cranberries, and chestnuts. |

Notes:

Toasted walnuts or pecans may be substituted if chestnuts are unavailable.

Nutrient Information:

| | Calculated Nutrients per servings at 100% | Calculated Nutrients per 100g or 100ml at 100% |
|--------------------------|---|--|
| Energy (kcal) | 171 kcal | 118 kcal |
| | 716 kJ | 495 kJ |
| Protein (g) | 1 g | 1 g |
| Fats, total (g) | 3 g | 2 g |
| Carbohydrate, total (g) | 37 g | 25 g |
| Sugars, total (g) | 25 g | 17 g |
| Fats, saturated (g) | 0 g | 0 g |
| Fiber, total dietary (g) | 3 g | 2 g |
| Sodium (mg) | 138 mg | 95 mg |
| Calcium (mg) | 33 mg | 23 mg |
| Cholesterol (mg) | 0 mg | 0 mg |
| Iron (mg) | 1 mg | 1 mg |
| Vitamin A, IU | 4,839 IU | 3,347 IU |
| Vitamin C (mg) | 59 mg | 41 mg |
| Vitamin D (µg) | 0 IU | 0 IU |
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At a minimum, the cooking and handling instructions set forth in the Food Code of the U.S. Public Health Service of the Food and Drug Administration, Department of Health and Human Services, should be reviewed and followed with respect to your preparation of this recipe.

