

Sweet Potatoes: Nutritional Facts

One cup (200 grams) of baked
sweet potato with skin:

- **Calories: 180**
- **Carbs: 41.4 grams**
- **Protein: 4 grams**
- **Fat: 0.3 grams**
- **Fiber: 6.6 grams**
- **Vitamin A: 769% DV**
- **Vitamin C: 65% of the DV**
- **Vitamin B6: 29% of the DV**
- **Potassium: 27% of the DV**

5 Ways to Prepare Sweet Potatoes:

1. **Boil.** Simply peel the sweet potato and cut into chunks. Boil until tender – about 25 to 30 minutes.
2. **Roast.** Cut unpeeled sweet potatoes into wedges, toss with olive oil and herbs, and roast at 375° F for 25 to 30 minutes, until tender.
3. **Bake.** Pierce the skin of each sweet potato in several places with a fork then bake for 15 minutes at 400° F, followed by 45 to 60 minutes more at 375° F. They should be placed on a baking tray since sticky syrup is often produced while baking.
4. **Microwave.** To cook, pierce the skin in several places and bake the whole potato on HIGH for 5 to 9 minutes.
5. **Grill.** Peel the sweet potatoes and slice them lengthwise into ½-inch-thick slices. Grill until browned, about 4 minutes on each side.

From: <https://fruitsandveggies.org/stories/iv-for-010312-allison-yoder/>

Sweet Potatoes are a great, healthy alternate to regular potatoes. However you choose to eat them, remember to include the skin to get the most nutrients.

Herbs & Spices to pair with Sweet Potatoes: chili pepper, cilantro, cinnamon, coconut, garlic, ginger, nutmeg, rosemary, & thyme.

Produce to pair with Sweet Potatoes: lime, onions, carrots, oranges, pineapple, & apples.



Mashed Sweet Potatoes

Ingredients:

- 4 medium sweet potatoes (about 2lbs)
- 2 tablespoons butter
- 1/2 cup low-fat milk
- 1/2 teaspoon Kosher salt
- 1/2 teaspoon black pepper
- 1/8 teaspoon cinnamon
- 1 tablespoon fresh thyme



1. Peel and cut sweet potatoes into 2" chunks.
2. Place sweet potatoes in a large saucepan over high heat and cover generously with boiling water. Bring to a boil then reduce heat to medium, and cook uncovered until the sweet potatoes are fork tender (about 15-20 minutes).
3. Drain the sweet potatoes, and return to saucepan. Add the milk, butter, salt, pepper and cinnamon; mash with a potato masher to desired consistency.
4. Serve warm and garnish with thyme leaves.