Louisiana HARVEST of the MONTH

Baked Sweet Potatoes

Home Recipe

Serves: 8
Prep Time: 5 minutes
Cook Time: 1 hour 30 minutes

Ingredients

- 6 medium whole sweet potatoes
- 1 Tbsp and 2 tsp of Sugar
- 1 Tbsp of Cinnamon

Cooking Instructions

1) Preheat the oven to 375 (325 in a convection oven)
2) Scrub the potatoes well.
3) Place the whole potatoes on a parchment lined baking sheet and cover the pan with foil.
4) Bake the potatoes 1 ½ hours or until soft.
5) Cut them lengthwise, along the center of the potato and sprinkle with cinnamon and sugar.

Nutrition Facts

6 Servings Per Container
Serving Size 1 sweet potato (181g)

Amount Per Serving	
Calories	**180**
	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 95mg	**4%**
Total Carbohydrates 42g	**15%**
Dietary Fiber 5g	**20%**
Total Sugars 14g	
Includes 7g Added Sugars	**13%**
Protein 3g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 1.1mg	6%
Potassium 590mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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