

Jason's Any Time Sweet Potatoes

Recipe Type: Side Dish

Serves: 4

Prep Time: 15 minutes

Cooking Time: 15 minutes

C means cup

T means tablespoon

t means teaspoon

oz means ounce

What you need:

- 1 T vegetable oil
- 1 small yellow onion, chopped
- ½ bell pepper, diced
- 2 cloves garlic, chopped
- ¼ t salt
- ¼ t ground black pepper
- 2 large, sweet potatoes, peeled and cubed into ¼ inch pieces



This is a picture of 1 serving.

What to do:

1. Wash your hands.
2. Heat oil in a skillet over medium heat.
3. Put the onion, bell pepper, garlic, salt, pepper, and sweet potatoes into a skillet.
4. Cook until the veggies are browned on one side.
5. Turn the veggies over with a spatula to brown the other side.
6. Serve hot and enjoy!

Nutrition Facts

4 servings per container

Serving size 1/2 Cup (103g)

Amount per serving

Calories 100

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 180mg 8%

Total Carbohydrate 16g 6%

Dietary Fiber 3g 11%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 28mg 2%

Iron 1mg 6%

Potassium 279mg 6%

*The % Daily Value 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.

FK= 4.8