

Roasted Sweet Potatoes

Recipe Type: Side Dish

Serves: 6

Prep Time: 10 minutes

Cooking Time: 40 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

4 medium sweet potatoes

½ t salt

3 T olive oil

What to do:

1. Wash your hands.
2. Preheat the oven to 450°F degrees.
3. Peel and cut the sweet potatoes into 1 inch chunks.
4. Place the chopped sweet potatoes into a large bowl.
5. Add the salt and olive oil and mix well.
6. Put the sweet potatoes on a baking sheet in a single layer.
7. Place the baking sheet on the highest rack in the oven.
8. Cook the sweet potatoes for 40 minutes or until they are slightly brown and it is easy to put a fork in them.
9. Enjoy!



This is a picture of 1 serving.

Nutrition Facts

6 servings per container

Serving size 1 Cup (94g)

Amount per serving

Calories 130

% Daily Value*

Total Fat 7g 9%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 240mg 10%

Total Carbohydrate 17g 6%

Dietary Fiber 3g 11%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 26mg 2%

Iron 1mg 6%

Potassium 292mg 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.

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