

Nutrients, Benefits, Selection

of Sweet Potatoes

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Nutrition Facts

Serving Size: 1 Large Sweet Potato

Amount Per Serving

Calories 180 Fat Calories 3

% Daily Value

Total Fat 0g 0%

Cholesterol 0mg 0%

Sodium 72mg 3%

Total Carbohydrate 41g 14%

Dietary Fiber 7g 26%

Sugars 13g

Protein 4g

Vitamins and Minerals

Vitamin A 769%

Vitamin C 65%

Vitamin B6 29%

Potassium 27%

Manganese 50%

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Why Eat Sweet Potatoes?

- Rich in antioxidants
- High in fiber
- High in vitamins
- High in minerals
- High in vitamin A
- Good source of complex carbohydrates

Sweet Potatoes Are Nutritious!

Sweet potatoes are an excellent source of:

Vitamin A
Vitamin C
Manganese
Copper
Fiber
Vitamin B6
Potassium
Iron



Select The Best Sweet Potato

- Choose sweet potatoes that are firm and do not have any cracks, bruises or soft spots.
- Avoid uncooked sweet potatoes in the refrigerated section of the produce department. Low temperatures affect the flavor.
- Sweet potatoes are filling, yet fat-free, cholesterol-free and very low in calories.

Storage

- Store in a cool, dark, well-ventilated place, where they will keep fresh for up to 10 days.
- Store them loose.
- Do not keep in a plastic bag.
- Keep them away from exposure to sunlight or temperatures above 60° F, because higher temperatures will cause them to sprout or ferment.
- Do not keep uncooked sweet potatoes in the refrigerator.

Cooking With Sweet Potatoes

- Sweet potatoes can be substituted in virtually any recipe that calls for apples, squash or white potatoes.
- If you buy grown sweet potatoes, peel them before eating because sometimes the skin is treated with dye or wax.
- If preparing a sweet potato whole, simply peel it after cooking.

