



A nutrition Fact Sheet



Sweet Potatoes

Nutrition Facts

Sweet potatoes are high in vitamins A and C and potassium. One medium sweet potato provides about 450% of the recommended daily amount of vitamin A and about 40% of the recommended daily amount of vitamin C.

Buying and Storing

- **Buying:** Look for sweet potatoes that have no bruises, soft spots, or sign of sprouting.
- **Storing:** Store sweet potatoes in a cool, dry place, not in the refrigerator. Use within 2 weeks. Store cooked sweet potatoes in a tightly closed, non-metal container in the refrigerator.

Preparing and Cooking

- **Preparing:** Wash sweet potatoes to remove any dirt from the skin. It is not necessary to peel sweet potatoes before cooking them.
- **Baking:** A medium sweet potato bakes in 45 minutes at 400°F. Poke with fork 3 to 4 times to allow steam to escape.
- **Boiling:** Use a small amount of water and cover the pan so vitamins are not lost when cooking. Whole potatoes cook in 30 to 40 minutes. Cut-up potatoes cook in 20 to 30 minutes.
- **Microwaving:** A medium sweet potato cooks in 5 to 7 minutes on HIGH in the microwave. Poke with a fork to prevent bursting. Turn over once for best results

Ways to Enjoy

- Use chopped sweet potatoes in soups.
- Use pureed sweet potatoes in baked goods, such as breads or muffins.
- Top baked sweet potatoes with cinnamon, a little brown sugar, and nuts for a sweet treat or choose savory toppings like garlic, pepper, and cheese.
- Mash sweet potatoes with a little milk, butter, salt, and pepper.
- Try sweet potato quesadillas, with spinach and small amount of cheese. Top with salsa and plain lowfat yogurt.
- Make sweet potato fries. Cut peeled sweet potatoes into ½ inch square strips (French fry shape). Add a small amount of olive oil. Bake at 450°F for about 25 minutes, turning over halfway through.
- Grill sweet potato slices.

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Peanutty African Stew

Yield: 8 servings • Serving Size: 1 cup

- 1 cup instant brown rice
- 2 cups chicken broth
- 1 teaspoon dry onion, minced
- ½ teaspoon garlic powder
- 2 cups sweet potatoes, peeled and cut into small squares
- 1- 14.5 ounce can diced tomatoes with liquid
- ½ teaspoon salt (optional)
- ½ cup creamy peanut butter
- 1¼ cups nonfat milk
- 3 cups spinach leaves, chopped or 12 ounces frozen spinach

1. Combine rice, broth, dry onion, garlic powder, sweet potatoes, tomatoes, and salt (if using) in a soup pot. Bring to boil; then turn down to medium low. Cover; simmer for 10 minutes.

2. Stir in peanut butter and milk. Return to gentle simmer and cook uncovered for 5 minutes.

3. Stir in spinach and cook until wilted, 2 to 3 minutes.

Remove from heat. Ladle stew into bowls. If desired, top with peanuts and green onions.

Tip: Add red or green peppers or raisins.

Nutrition Facts	
8 servings per container	
Serving size	1 cup (252g)
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 32g	12%
Dietary Fiber 4g	14%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 101mg	8%
Iron 2mg	10%
Potassium 439mg	10%
<small>*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.</small>	

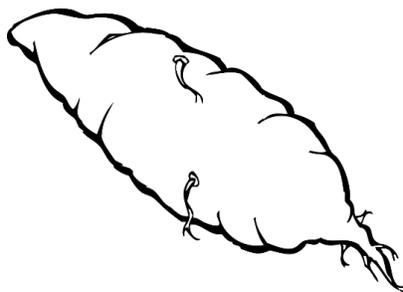
Grilled Vegetables

Yield: 6 servings • Serving Size: 1 cup + ½ ear of corn

- 2 Tablespoons vegetable oil
- 2 garlic cloves, finely chopped
- 3 sweet potatoes, cut into ½-inch slices
- 3 corn cobs, cut into 2-inch sections
- 1 zucchini, cut into ½-inch slices
- Salt and pepper (optional)

1. Mix oil and garlic in a large bowl. Add vegetables and toss.
2. Place vegetables on broiler pan or grill. Cook 10 minutes, turning twice. Continue to cook until vegetables are tender, turning every 5 minutes. Add salt and pepper, if desired.

Nutrition Facts	
6 servings per container	
Serving size	1 cup plus 1/2 ear of corn (198g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 31g	11%
Dietary Fiber 4g	14%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 34mg	2%
Iron 1mg	6%
Potassium 445mg	10%
<small>*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.</small>	



This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.