

Shopper's Guide

Selection

Sweet Potatoes are more fragile than white potatoes. Use extra care when selecting sweet potatoes.

Look for

Firm sweet potatoes with smooth, bright, uniformly colored skins.



Avoid

Sweet potatoes with worm holes, cuts, or any other problems with the skin. Skin problems cause waste and can lead to decay. Cutting away decay will not help because the rest of the potato flesh

Storage

Sweet potatoes have a thin skin that is easily damaged. Sweet potatoes should not be stored in the refrigerator. Keep in a cool (55°F to 60°F), dry place, such as a cellar, pantry, or garage. Sweet potatoes will keep for a month or longer if stored at 55°F. If kept at room temperature, sweet potatoes should be used within a week.

Recipe Collection

Mashed Sweet Potatoes

Serves 6

Ingredients:

- 4 small to medium sweet potatoes
- 3/4 teaspoon dried thyme
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Instructions:

1. Wash and pierce sweet potatoes. Wrap in paper towels.
2. Microwave for 10 minutes (with the skins). Allow to rest for 5 minutes. If you don't have a microwave, boil for 15-20 minutes or until tender.
3. Scoop out the warm potatoes
4. Put the potatoes in a medium bowl.
5. Use a fork or potato masher to mash the potatoes.
6. Mix in the thyme, salt, and pepper.

Nutrient Data

Serving Size for 1/2 cup: Calories 100, Total Fat 0g, Saturated Fat 0g, Cholesterol 0 mg, Sodium 160mg, Carbohydrate 23g, Dietary Fiber 4g, Protein 2g, Vitamin A 380%, Vitamin C 50%, Calcium 4%, Iron 6%

Sweet Potatoes



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What's So Great about Sweet Potatoes?

Healthy

Sweet potatoes are excellent sources of Vitamin A, potassium, vitamin C and fiber. Sweet potatoes also contain niacin, folate, and iron. Like most vegetables, sweet potatoes are low in fat and are cholesterol free.

Inexpensive

Canned, frozen, or fresh sweet potatoes are available all year.

Many Uses

Sweet potatoes can be prepared with sweet or savory flavors. Sweet potatoes go well with meats, fruits, and other vegetables.

Nutrition Information for 1 cup Sweet Potatoes

Nutrition Facts	
Serving Size 1 cup 200g (200g)	
Servings Per Container 1	
Amount Per Serving	
Calories 180	Calories from Fat 3
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	1%
Trans Fat	
Cholesterol 0mg	0%
Sodium 72mg	3%
Total Carbohydrate 41g	14%
Dietary Fiber 7g	26%
Sugars 17g	
Protein 4g	
Vitamin A 769%	Vitamin C 65%
Calcium 8%	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Key nutrient facts are circled in green.

Did You Know?

Sweet potatoes are also sold canned or frozen. The canned potatoes are usually packed in heavy syrup or "candied." Candied sweet potatoes are high in sugar and fats. And they are much lower in beta-carotene, vitamin C, and B vitamins than fresh sweet potatoes.

Sweet potatoes are often confused with yams. Yams are large, starchy roots grown in Africa and Asia. Yams can grow up to 100 pounds and are rarely available in American markets. Sweet potatoes are more nutrient-rich than yams.

