



December 20- Baked Sweet Potato with Cinnamon

Smart Snack

Link: no link, simple recipe

Recipe

Ingredients:

- 1 sweet potato
- 2 teaspoons cinnamon

Directions:

1. Heat oven to 425°F. Wash the potato with water.
2. Slice potato open and sprinkle each half with cinnamon. Place on sheet in the oven.
3. Bake for 45 to 50 minutes.

Yield 2 servings

Nutrition Facts	
Serving Size 1/2 potato (67.6g)	
Servings Per Container 2	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	13%
Sugars 3g	
Protein 1g	2%
Vitamin A 180%	• Vitamin C 2%
Calcium 4%	• Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet.	