



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 |
| <hr/> | |
| % 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% |
| <hr/> | |
| Vitamin A 180% | • Vitamin C 2% |
| Calcium 4% | • Iron 4% |
| <small>* Percent Daily Values are based on a 2,000 calorie diet.</small> | |