Ginger Sweet Potatoes
University of Illinois

Author
Categories Side dish
Tools

Yield 7.5 lb
Portion 4 oz
Num Portions 30

Prep
Cook

Nutrition Facts
Serving Size 4 oz (113g)
Servings Per Container 30

Amount Per Serving
Calories 227 Calories From Fat 35
% Daily Value
Total Fat 4g 6%
Saturated Fat 2g 11%
Trans Fat 0g
Cholesterol 10mg 3%
Sodium 564mg 23%
Total Carbohydrates 34g 11%
Dietary Fiber 5g 20%
Protein 3g

Vitamin A 432% Vitamin C 20%
Calcium 5% Iron 5%

* Percent Daily Values are based on a 2000 calorie diet.

Ingredients
sweet 70-80ct potato, bottled orange juice, light brown sugar, fresh ginger, unsalted butter, lemon juice, kosher salt

Contains: Milk