

Baked Sweet Potato

Ingredients:

- 1 sweet potato
- 2 teaspoons margarine/butter
blend
- 1 tablespoon brown sugar
- 1/8 teaspoon ground cinnamon

Equipment:

- Microwave Oven
- Fork
- Small plate

Number of Servings: 1
 Prep Time: 6 minutes
 Total time: 6 minutes

Directions

1. Wash and dry sweet potato; prick with fork.
2. Microwave potato on high for 6 minutes.
3. Meanwhile, mix together butter spread, brown sugar, and cinnamon.
4. Carefully remove potato from microwave, wrap in foil or towel, and let sit for another 3 minutes to continue cooking.
5. After three minutes, place potato on a plate, and cut slit in center of potato, add brown sugar-cinnamon mixture.
6. Allow to melt.

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Nutrition Facts

Serving Size: 1 medium sweet potato

Servings: 1

Amount Per Serving

Calories 239 Calories from Fat 72

%Daily Value*

Total Fat 9g **12%**

Saturated Fat 3g **15%**

Cholesterol 10mg **3%**

Sodium 105mg **4%**

Total Carbohydrate 41g **14%**

Dietary Fiber 4g **16%**

Protein 2g **4%**

Vitamin A 528% Vitamin C 49%

Iron 1% Calcium 4%

*Percent Daily Values are based on a 2,000 calorie diet

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