

Baked Sweet Potato

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/baked-sweet-potato-recipe-for-thanksgiving>

Ingredients:

- 4 sweet potatoes
- salt
- pepper
- butter optional

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 15 milligrams
4. Fat: 6 grams
5. Fiber: 5 grams
6. Protein: 3 grams
7. SaturatedFat: 4 grams
8. Sodium: 310 milligrams
9. Sugar: 5 grams

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