

5 Tips For Baking The Perfect Sweet Potato

Yield: 1 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/holiday-baking-champion-breadpudding-tiramisu-recipe-sweet-potato>

Ingredients:

- 1 sweet potato
- 2 teaspoons extra-virgin olive oil

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 26 grams
3. Fat: 9 grams
4. Fiber: 4 grams
5. Protein: 3 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 70 milligrams
8. Sugar: 5 grams

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