

Miso Sweet Potato

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-sweet-potato-miso-recipe>

Ingredients:

- 2 sweet potatoes large
- 4 tablespoons olive oil
- 1/4 cup white miso pasteRed or yellow will work as well
- 3 tablespoons mirinSee link on mirin if you want to know more.
- 1 tablespoon soy sauce
- 1 tablespoon sugar
- 2 green onions
- 1 teaspoon sesame seeds

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 22 grams
3. Fat: 15 grams
4. Fiber: 3 grams
5. Protein: 4 grams
6. SaturatedFat: 2 grams
7. Sodium: 900 milligrams
8. Sugar: 7 grams

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