

Roasted Sweet Potato

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 3 sweet potatoes medium, diced into cubes
- 2 tablespoons coconut oil
- 2 tablespoons honey
- 1/2 teaspoon kosher salt
- 1 teaspoon ground cinnamon

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 29 grams
3. Fat: 7 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. SaturatedFat: 6 grams
7. Sodium: 350 milligrams
8. Sugar: 13 grams

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