



NutritionRx
Jennifer Broxterman

Microwave Sweet Potatoes

Microwaving is a quick and effective way to prepare your sweet potatoes without compromising any of their nutrition. Sweet potatoes are one of the top food sources of beta-carotene - a powerful antioxidant. They're loaded with vitamin C and are a good source of fibre. These can be eaten as a snack or as a side dish with any meal.

Prep: 5 minutes • Total: 15 minutes

Ingredients:

Small sweet potato	4 each	4 each
Olive oil	1 tsp	5 mL
Pepper	Pinch	Pinch

Directions:

1. Wash and scrub outside of each potato, do not peel.
2. Prick each potato in 2 or 3 places with a knife.
3. Place in the microwave for 5-7 minutes*.
4. Cut the potato in half, drizzle olive oil on top and sprinkle with pepper or seasoning of your choice.

*Microwave strengths vary; when the potato is cooked it will no longer be firm to touch.

Nutrition Facts

Serving Size (205g)		Servings Per Container	
Amount Per Serving			
Calories 220	Calories from Fat 45		
% Daily Value*			
Total Fat 5g	8%		
Saturated Fat 0.5g	3%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 70mg	3%		
Total Carbohydrate 42g	14%		
Dietary Fiber 7g	28%		
Sugars 17g			
Protein 4g			
Vitamin A --%	• Vitamin C 70%		
Calcium 8%	• Iron 8%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

Adapted from:
NutritionRx in partnership with
Chef Lindsay Sferrazza

Makes 4 servings (205 g / serving) • 1 serving = 1 potato

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