NEP Nutrition Education Program

University of Nebraska Lincoln EXTENSION

Selection:

Choose sweet potatoes that are small-to-medium-sized with smooth skin. Avoid sweet potatoes with cracks, soft spots, and blemishes.

Storage:

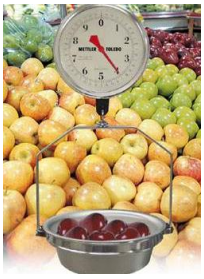
Store unwashed sweet potatoes in a dark, dry, cool place for up to 5 weeks. If at room temperature, sweet potatoes can be stored for up to 1 week.

Dark, dry, cool place: Up to 5 weeks
Room temperature: Up to 1 week

Use:

Rinse sweet potatoes well. Cook them whole whenever possible and remove the skin after they have been cooked. To cook in the oven, place in a pan, cook at 375ºF for about 45 minutes or until they are tender.

Digital Scale:
The number on the screen = Total Weight



Hanging Scale:
The number the arrow is pointing to = Total Weight

Buying:

Weigh produce to find out exactly how much it will cost. Place the amount of sweet potatoes you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Sweet Potatoes

Use this table to find the total cost.
Example: What is the total cost for 2.5 lbs of Sweet Potatoes at $1.79 per lb? **2.5 lbs x $1.79 = $4.48**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
$ 0.49	$0.49	$0.74	$0.98	$1.23	$1.47	$1.72
$ 0.59	$0.59	$0.89	$1.18	$1.48	$1.77	$2.07
$ 0.69	$0.69	$1.04	$1.38	$1.73	$2.07	$2.42
$ 0.79	$0.79	$1.19	$1.58	$1.98	$2.37	$2.77
$ 0.89	$0.89	$1.34	$1.78	$2.23	$2.67	$3.12
$ 0.99	$0.99	$1.49	$1.98	$2.48	$2.97	$3.47
$ 1.09	$1.09	$1.64	$2.18	$2.73	$3.27	$3.82
$ 1.19	$1.19	$1.79	$2.38	$2.98	$3.57	$4.17
$ 1.29	$1.29	$1.94	$2.58	$3.23	$3.87	$4.52
$ 1.39	$1.39	$2.09	$2.78	$3.48	$4.17	$4.87
$ 1.49	$1.49	$2.24	$2.98	$3.73	$4.47	$5.22
$ 1.59	$1.59	$2.39	$3.18	$3.98	$4.77	$5.57
$ 1.69	$1.69	$2.54	$3.38	$4.23	$5.07	$5.92
$ 1.79	$1.79	$2.69	$3.58	$4.48	$5.37	$6.27
$ 1.89	$1.89	$2.84	$3.78	$4.73	$5.67	$6.62
$ 1.99	$1.99	$2.99	$3.98	$4.98	$5.97	$6.97

Know how. Know now.

IANR

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska–Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.

Nutrition:

1 medium Sweet Potato

Nutrition Facts	
Serving Size 1 medium, 5" long, 2" diam. (130g)	
Amount Per Serving	
Calories 100	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 2g	
Vitamin A 120%	Vitamin C 30%
Calcium 4%	Iron 4%

Nutrition facts labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrition content.

The nutrition facts label shown here is for 1 medium sweet potato. All sweet potatoes are not the same size, but you can use this to estimate the nutrition content for smaller or larger sweet potatoes.

Recipe:

Glazed Sweet Potatoes

Preparation Time: 50 minutes
Serves 4
Cups of Vegetables per Serving: ½

Ingredients:

1 lb. sweet potatoes, peeled and cut into ½ inch-thick slices
1 tablespoon cornstarch
1 tablespoon brown sugar
¾ cup unsweetened orange juice
2 tablespoons lemon juice

Preparation:

1.) Preheat oven to 425ºF. Spray a 1 quart casserole dish with non-stick cooking spray and place potato slices in the bottom.
2.) Combine cornstarch and brown sugar in a small bowl and add orange and lemon juices, stirring well.
3.) Pour over potatoes, cover and bake for 40 minutes or until potatoes are tender and glaze is thickened.

Nutrition Information per Serving:
Calories 140, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 65 mg, Carbohydrates 34 g, Dietary Fiber 13 g, Protein 2 g.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.