

# Cubed Sweet Potatoes

## + PREPARATION:

Pour 1/4 cup of cubed sweet potatoes into 1 cup of boiling water. Simmer for 10-15 minutes until tender. Drain, season to taste then serve.

## + INGREDIENTS:

Dehydrated cubed sweet potatoes.

## Nutrition Facts

Serving Size: 1/4 cup (about 45g)

Servings Per Container: 10

### Amount Per Serving

**Calories:** 170      Cal from Fat: 1  
% Daily Value\*

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 21mg      **1%**

**Total Carb** 39g      **13%**

Dietary Fiber 1g

Sugars 9g

**Protein** 3g

Vitamin A 650%      •      Vitamin C 61%

Calcium 3%      •      Iron 5%

\*Percent Daily Values are based on a 2,000 calorie diet.

MFD

LOT#

**SHELF LIFE UP TO 20 YEARS IF STORED IN A COOL, DRY PLACE**

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