

Recipe

"Candied" sweet potato

Sweet potato casserole and candied yams typically use cups of sugar plus marshmallows. Try this lightly sweetened sweet potato this year instead.

Makes 4 servings | Prep: 5 minutes



Ingredients

- 4 small **cooked sweet potatoes**, baked or microwaved
- 4 tsp honey
- 1 tsp cinnamon

Preparation

Top sweet potatoes with honey and cinnamon.

Nutrition information per serving | Serving size: 1 potato



Calories: 180 | Total fat: 0 g | Saturated fat: 0 g | Sodium: 11 mg | Cholesterol: 0 mg | Total carbs: 44 g | Fiber: 6 g
Sugars: 6 g | Protein: 2 g | Potassium: 917 mg

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