



### Varieties:

There are many varieties of sweet potatoes that exist in the world. Even purple fleshed potatoes are nothing new, but thanks to their cool color, and resulting nutritious flesh, they are becoming more and more popular. Colors can range from whitish skin with yellow flesh, deep orange with dark brown skin, to sweet potatoes that are grey on the outside and bluish-purple inside.

### Selection:

Choose potatoes that are smooth skinned without any cracks, holes or dark spots. Sweet Potatoes should be firm and crisp, and not soft, wrinkled or "bendy". Do not buy sweet potatoes that are beginning to sprout "eyes".

### Storage and Handling:

Sweet Potatoes should be stored in a cool, dry place, out of sunlight, and away from onions, garlic and other items that are stored in a cool place. Scrub sweet potatoes well and dry well before cooking.

### Nutritional Benefits:

Sweet potatoes can be enjoyed as a starch or a vegetable. They are high in Vitamin C, A and Manganese, as well as memory boosting anti-oxidants, thanks to their awesome purple color.

Property of Smart Partners, LLC ©

## Easy Ways To Enjoy Sweet Potatoes

- \* Purple Sweet Potatoes are just as versatile and delicious as orange white or yellow sweet potatoes, and can be used in any recipes where other varieties are used.
- \* Purple Sweet Potatoes tend to be less sweet than orange or yellow sweet potatoes, and can be baked like regular potatoes with similar results.
- \* Sweet Potatoes are excellent roasted, steamed boiled, stewed and even grilled!
- \* How about a Sweet Potato Pie or Mashed Sweet Potatoes to go with the turkey this Thanksgiving?



Property of Smart Partners, LLC ©

## Nutrition Facts

Serving size 1 potato (148g/5.2oz)

Amount per serving

**Calories 110**

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 26g 9%

Dietary Fiber 2g 7%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein** 3g

Vitamin D 0g 0%

Calcium 20mg 2%

Iron 1.1mg 6%

Potassium 620mg 15%

Vitamin C 27mg 30%

Vitamin B<sub>6</sub> 0.2mg 10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Fun Facts:

- \* Despite what many people believe, sweet potatoes are NOT really yams!
- \* Sweet Potatoes are not actually true potatoes but instead are tuberous root vegetables.
- \* Sweet Potatoes are native to South and Central America, and have been found as remains in Peru that date back to 8000 BC.
- \* Sweet Potatoes are a very important crop to many warmer states, and countries, due to their good storing qualities and high nutritive qualities.