

Baked Sweet Potato and Chile Wedges

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Servings: 8

*3 1/2 pounds (5 to 6 large) round
sweet potatoes*
2 tablespoons olive oil
*1 teaspoon sea salt OR 3/4 teaspoon
salt*
1/4 teaspoon ground black pepper
1/2 cup orange juice
3 1/2 teaspoons chili powder
1 tablespoon honey
1 carton (8 ounce) dairy sour cream
1/3 cup snipped fresh cilantro

Preheat the oven to 450 degrees.

Cut each unpeeled sweet potato into one-inch-thick wedges. Place in a very large self-sealing plastic bag. Toss with the oil, sea salt and pepper. Arrange the potatoes in two 13x9x2-inch disposable foil pans or baking pans.

Meanwhile, for the glaze, in a small bowl combine the orange juice, three teaspoons of the chili powder and the honey. Set aside.

Bake the potatoes, uncovered, for 25 to 30 minutes or until tender. During baking, shake the potatoes to rearrange occasionally and brush three times with the glaze.

Meanwhile, in another small bowl, combine the sour cream, remaining chili powder and cilantro. Transfer the potatoes to a serving dish and serve with the sour cream mixture.

Serve immediately or at room temperature.

Per Serving (excluding unknown items): 48 Calories; 4g Fat (63.3% calories from fat); trace Protein; 4g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 11mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):

48

Vitamin B6 (mg):

trace

% Calories from Fat:	63.3%
% Calories from Carbohydrates:	34.7%
% Calories from Protein:	2.0%
Total Fat (g):	4g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	4g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	11mg
Potassium (mg):	54mg
Calcium (mg):	5mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	8mg
Vitamin A (i.u.):	413IU
Vitamin A (r.e.):	46RE

Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	10mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 48 Calories from Fat: 31

% Daily Values*

Total Fat	4g	6%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	11mg	0%
Total Carbohydrates	4g	1%
Dietary Fiber	trace	2%
Protein	trace	
Vitamin A		8%
Vitamin C		14%
Calcium		1%
Iron		1%

* Percent Daily Values are based on a 2000 calorie diet.