

Haute Potato

*Target Stores Ad
Food Network Magazine - Nov 2013*

Servings: 8

*3 medium (2 pounds) sweet potatoes
1/2 package (10.5 ounce) mini
marshmallows
3/4 cup chopped pecans
3/4 cup dried cranberries*

Preparation Time: 10 minutes

Preheat the oven to 400 degrees.

Peel the sweet potatoes and cut into sticks.
Arrange on a sprayed baking sheet. Salt and
pepper to taste.

Bake for 20 to 30 minutes until tender and
starting to brown.

Immediately sprinkle the sweet potatoes with the
marshmallows, pecans and cranberries. Return
to the oven.

Bake 5 minutes longer until the marshmallows
are puffed and golden brown.

Serve immediately.

Start to Finish Time: 35 minutes

Per Serving (excluding unknown
items): 126 Calories; 8g Fat (52.5%
calories from fat); 2g Protein; 14g
Carbohydrate; 2g Dietary Fiber;
0mg Cholesterol; 6mg Sodium.
Exchanges: 1 Grain(Starch); 0
Lean Meat; 0 Fruit; 1 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	126	Vitamin B6 (mg):	.1mg
% Calories from Fat:	52.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	42.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	5.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	8g	Folacin (mcg):	11mcg

Saturated Fat (g): 1g
Monounsaturated Fat (g): 5g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 0mg
Carbohydrate (g): 14g
Dietary Fiber (g): 2g
Protein (g): 2g
Sodium (mg): 6mg
Potassium (mg): 143mg
Calcium (mg): 15mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 11mg
Vitamin A (i.u.): 9795IU
Vitamin A (r.e.): 979 1/2RE

Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 126 Calories from Fat: 66

% Daily Values*

Total Fat	8g	12%
Saturated Fat	1g	3%
Cholesterol	0mg	0%
Sodium	6mg	0%
Total Carbohydrates	14g	5%
Dietary Fiber	2g	9%
Protein	2g	

Vitamin A	196%
Vitamin C	19%
Calcium	1%
Iron	3%

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