



SWEET AND SPICY ROASTED SWEET POTATOES

Spice up a favorite carbohydrate source!

 10 minutes

 30 minutes

 5 portions

INGREDIENTS

- 4 cups of babyfood, vegetables, sweet potatoes, junior [896 g]
- 2 small units of peppers, sweet, red, raw [148 g]
- 1 unit of onions, sweet, raw [331 g]
- 1/4 tsp of spices, ginger, ground [0 g]
- 1/4 whole tsp of spices, cumin seed [1 g]
- 1/4 tsp of spices, coriander seed [0 g]
- 1/4 tsp of spices, paprika [1 g]
- 1/4 tsp of spices, cinnamon, ground [1 g]
- 1/3 tsps of spices, nutmeg, ground [1 g]
- 1 dash of salt, table [0 g]
- 1/4 tsp, ground of spices, pepper, black [1 g]
- 0.2 tsps of spices, pepper, red or cayenne [0 g]
- 1 tbsp of oil, coconut [14 g]

COOKING METHOD

- 1° Preheat oven to 425 degrees F. Line baking sheets with parchment. In a large bowl or a resealable plastic bag, toss or shake the sweet potatoes, bell peppers, and onion with the oil, seasoning and spices. Place the mixture in a single layer on the prepared baking sheets and roast for 25 to 30 minutes. Do not pile potatoes.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (279 g)	% DRI
ENERGY	59 kcal	164 kcal	8 %
FAT	1 g	3 g	5 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	12 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	25 mg	70 mg	3 %
CARBOHYDRATE	12 g	32 g	11 %
SUGARS	4 g	12 g	—
FIBER	1 g	4 g	17 %
PROTEIN	1 g	3 g	—