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Recipe #: 2053817

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### Sweet Potato

Red/Orange Vegetables

#### Ingredients

#### Quantity

Yam, raw	8 lb.
Cheese, Cheddar, Yellow, Reduced Fat, Shredded [100012]	10 oz.
Cheese, parmesan, shredded	3/4 c.

This Recipe is a Sub Recipe in the Following Recipes

This recipe has not been used as a sub recipe.



### Cheesy Twice-Baked Sweet Potato

Serving Size: 1.00 Piece

Yield: 50.00

#### Nutrition Facts

 Serving Size 1 Piece  
 Serving Weight 79.375 gm

#### Amounts Per Serving

<b>Total Fat</b> 1.651 gm
Saturated Fat 1.035 gm
Trans Fat 0.000 gm*
<b>Cholesterol</b> 4.864 mg
<b>Sodium</b> 66.883 mg
<b>Potassium</b> 593.374 mg*
<b>Carbohydrates</b> 20.475 gm
Fiber 2.976 gm
Sugars 0.374 gm
<b>Protein</b> 2.965 gm

Iron 0.402 mg*
Calcium 27.374 mg*
Vitamin A (IU) 110.533 IU*
Vitamin C 12.410 mg*
Vitamin D 0.006 mcg*
Saturated Fat % of Calories 8.74%

 \* = Indicates missing Nutrient Information.  
 ^ = Indicates user added nutrient.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

#### Meal Components

1 Cups Of Starchy

#### Attributes

Made from Scratch