

Sweet Potato Thins

Ingredients:

- canola cooking spray
- 14 oz. sweet potatoes (peeled and very thinly sliced)
- ½ tsp. ground Pepper
- ⅛ tsp. sea salt (optional)
- 1 clove garlic, minced



Nutrition Facts	
Serving Size 1/2 cup (134g)	
Servings Per Container 3	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 24g	8%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 2g	
Vitamin A 120%	• Vitamin C 30%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Directions:

1. Preheat oven to 375 degrees. Spray a cookie sheet with canola spray.
2. Place thinly cut potato slices in a single layer on the cookie sheet and spray with cooking spray.
3. Sprinkle with salt, pepper and minced garlic.
4. Bake, turning once if necessary, until potatoes are cooked through. (The time will vary depending on thickness).