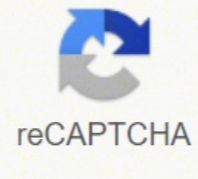




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How many calories in a medium baked sweet potato with skin

Baked sweet potatoes are a nutritious and healthy complex carbohydrate that you can enjoy year-round. Both sweet and savory, this top potato pick is packed full of vitamins, minerals, antioxidants, and fiber. Sweet potatoes can be mashed and served as a side, in casseroles, or sliced and baked for sweet potato fries. Curious if sweet potatoes are right for you? Here's everything you need to know about this popular veggie. One medium-sized (150g) baked sweet potato (without added fat and including the peel) provides 142 calories, 3.2g of protein, 32.7g of carbohydrates, and 0.2g of fat. Baked sweet potatoes are an excellent source of vitamin A, vitamin C, vitamin B6, and potassium. The following nutrition information is provided by the USDA. Calories: 142Fat: 0.2gSodium: 273mgCarbohydrates: 32.7gFiber: 5.3gSugars: 9.3gProtein: 3.2gVitamin A: 1370mcgVitamin C: 28.8mgVitamin B6: 0.5mgPotassium: 717mg Sweet potatoes are primarily made up of carbohydrates, with nearly 33 grams per medium-sized potato. This includes approximately 5 grams of fiber and 9 grams of naturally occurring sugar. Sweet potatoes are a healthy source of complex carbohydrates. Sweet potatoes have a high glycemic index of 94. That means eating them can cause blood sugar to increase at a faster rate when compared to lower glycemic index foods. A baked sweet potato without added butter or oil is very low in total fat, about 0.2 grams per medium-sized potato. Most of that small amount of fat is polyunsaturated fat. Sweet potatoes are low in protein, providing about 3 grams per medium-sized baked sweet potato. Where sweet potatoes pack a nutritious punch is in their high vitamin and mineral content. Sweet potatoes are rich in vitamin A, B6, C, and potassium. A medium-sized sweet potato has 1370mcg (RAE) of vitamin A, which is more than the daily value (DV) suggested by the U.S. Food and Drug administration of 900mcg (RAE) per day. You'll also get 28.8mg of vitamin C (32% of DV), and 0.5mg of vitamin B6 (30% of DV). When it comes to minerals, a medium-sized baked sweet potato has 717mg of potassium (15% of DV), 57mg of calcium (4% of DV), and 42mg of magnesium (10% of DV). A medium-sized baked sweet potato provides about 142 calories when no fat is added in preparation. Baked sweet potatoes are packed with vitamins A, C, and B6. They also contain minerals including potassium, calcium, and magnesium while providing 142 calories, 32 grams of carbohydrate and 5 grams of heart-healthy fiber. Besides tasting delicious, sweet potatoes also offer significant health benefits when included as part of a balanced diet. Sweet potatoes, especially the variety with orange flesh, are high in beta carotene, a provitamin that your body uses to make vitamin A. Beta-carotene is considered a powerful antioxidant that can help reduce free radical damage in your body. Antioxidants can help keep the immune system healthy and may help reduce chronic diseases. Food sources such as sweet potatoes are preferred over supplements for boosting your intake of antioxidants. Since sweet potatoes are high in dietary fiber, they often top the list of foods to eat for digestive health. Sweet potatoes contain both soluble and insoluble fiber, which help to relieve and prevent constipation. However, to maximize the benefits, you should eat both the skin and the flesh of the potato. The skin has insoluble fiber, which is the roughage. And the inside or the "guts" of the potato has soluble fiber, which slows digestion. Sweet potatoes are an excellent source of potassium, and diets rich in potassium may help regulate blood pressure levels. If your potassium level is too low, you may see an increase in your blood pressure. This can put you at risk of developing hypertension, especially when combined with high sodium intake. By including foods like baked sweet potato in your diet, you can help keep your potassium levels up and reduce the risk of developing high blood pressure. The beta carotene in sweet potatoes is a powerful antioxidant that may help improve eye health and prevent vision loss. The best food sources of beta carotene are milk, eggs, leafy green vegetables, and orange and yellow vegetables and fruits. Foods like sweet potatoes that contain anthocyanins may help prevent heart disease. Anthocyanins are water-soluble pigments that give some fruits and vegetables bright colors like orange, red, purple, and blue. These pigments may also possess antidiabetic, anticancer, anti-inflammatory, antimicrobial, and anti-obesity properties. Having an allergy to sweet potatoes is not common, although limited cases have been reported. Symptoms include nausea, vomiting, dizziness, swelling in face and hands, tickling in the throat, and loss of consciousness. You can develop an allergy at any age in response to any type of food. Common symptoms of food allergies include hives, shortness of breath, wheezing, vomiting or stomach cramps, swelling of the tongue, dizziness, and in rare cases, anaphylaxis. If you think you have a food allergy, stop eating the triggering food and talk with your doctor. Sweet potatoes fall into two types: pale yellow with dry flesh and dark orange with moist flesh. You can find a variety of sweet potatoes, including garnet and speckled purple sweet potatoes. Although some people use the term "yam" and "sweet potato" interchangeably, yams are actually a different root vegetable. You can purchase and eat sweet potatoes year-round. Sweet potatoes tend to grow better in warmer climates and are generally harvested in September and early October. When choosing potatoes, opt for small to medium-sized sweet potatoes that seem heavy for their size. Once at home, store fresh sweet potatoes in a cool, dry place. A pantry or garage can work, but avoid storing uncooked sweet potatoes in the refrigerator. Ideally, you will want to use them within a week of purchase, especially if they are kept at room temperature. If you cannot eat them within that time, consider cooking the potato and then freezing it. There are a variety of ways to prepare sweet potatoes, including baked, boiled, grilled, and roasted. You can use an oven, grill, microwave, or stovetop. Before cooking sweet potatoes, make sure to scrub the skins. Enjoy sweet potatoes on their own, as a side, or in a casserole. Slice a potato into thin strips and bake for sweet potato fries. Mash or puree a cooked sweet potato for a sweet treat. NUTRITION DATA'S OPINION Nutrition Data awards foods 0 to 5 stars in each of three categories, based on their nutrient density (ND Rating) and their satiating effect (Fullness Factor™). Foods that are both nutritious and filling are considered better choices for weight loss. Foods that are nutritious without being filling are considered better choices for healthy weight gain. Foods that have more essential nutrients per calorie are considered better choices for optimum health.Nutrition Data also indicates whether a food is particularly high or low in various nutrients, according to the dietary recommendations of the FDA.Read more about Nutrition Data's opinion Carb Manager Carb Manager's content is for informational and educational purposes only. Our website is not intended to be a substitute for professional medical advice, diagnosis, or treatment. I could eat a simple, baked sweet potato with brown sugar-cinnamon butter for every meal. But I was always frustrated that I couldn't replicate the tender, melt-in-your-mouth sweet potatoes you find at steakhouses and other restaurants. What's the secret to those irresistibly fluffy interiors? High in nutritional value, and lower in calories than white potatoes, sweet potatoes make an easy side dish for dinner or a light lunch. Read on to learn how to bake sweet potatoes in the oven to bring out their sweetness and achieve that light, fluffy texture we all love. Related: What's the Difference Between Sweet Potatoes and Yams? For basic baked sweet potatoes, follow these instructions to reach a fluffy and tender consistency. 4 sweet potatoes2 tablespoons olive oilSalt and pepperToppings of your choice Preheat the oven to 425 degrees F. Line a baking sheet with aluminum foil or parchment paper and lightly spray it with cooking spray.Thoroughly wash and dry sweet potatoes. Use a knife to make about 8 crosswise slashes up and down the potato.Rub the skin with olive oil and sprinkle with salt and pepper. Bake the sweet potatoes for 30 minutes. Rotate the pan 180 degrees and bake for an additional 15-30 minutes. A fork or knife should be easily inserted into the center of the potato when it's finished baking.Remove from the oven and allow the potatoes to cool for 5 minutes. Season with butter, brown sugar, pecans, marshmallows or any other topping of your choice. Before you get started, consider these tips for baking sweet potatoes to perfection: If you're like me, you've probably tried the fork stabbing method when cooking baked potatoes. If that hasn't worked for you, try slashing the potato crosswise about eight times up and down the potato. This will help the heat to reach the center of the potato and allows moisture to escape during the cooking process (so you don't end up with a watery result). Don't be afraid to cook your sweet potato longer and hotter (we're talking up to 425 degrees). This will help caramelize the natural sugars in the sweet potato, giving you the crunchy and sweet sheen. After thoroughly washing your potato, you want to make sure you get the skin as dry as possible. Cooking a wet or damp potato means you're going to steam the skin. Making sure your sweet potato is dry will ensure you get that dry, crispy skin. Line your baking sheet with aluminum foil or parchment paper and lightly spray it with cooking spray. Sweet potatoes have natural sugars that will ooze out and caramelize during cooking, so using foil or parchment paper will prevent sticking as much as possible. If you're in the market for a more savory sweet potato side dish, give this simple recipe a try. "Very healthy and tasty sweet potatoes that will be a great addition to any meal. Very easy!" Get the recipe: Baked Sweet Potatoes Recipe creator SDELATORE says, "This creamy sweet potato recipe is a huge hit with everyone. A friend served a version of these at a luncheon, and I absolutely loved it. I found some sweet potatoes in my fridge that I hadn't used and decided to try it. Everyone at work flipped over them! They're great with pork chops or steak, too!" Twice Baked Sweet Potatoes Get the recipe: Twice-Baked Sweet Potatoes "This is a great autumn or winter side dish, especially for those who like things sweet and salty. The colors are beautiful and make a nice autumn presentation," says recipe creator DRUMNWRITE. Get the recipe: Roasted Beets 'n' Sweets Recipe creator TINA B says, "My family begs me to make this creamy baked dish every Thanksgiving and Christmas. What makes it so good is the pecan topping! Try it and I'm sure it will become your new tradition!" Get the recipe: Yummy Sweet Potato Casserole Picking the right sweet potato can make all the difference when you're trying to achieve that perfect baked sweet potato. So how do you end up with the right one? Go for thinner, uniform sweet potatoes. Although you may be tempted to pick the more meatier potato, thinner sweet potatoes will cook evenly all the way through to the center. With fatter sweet potatoes, the outsides will be done before the centers have been fully cooked. If you've ever encountered this problem when baking sweet potatoes, it's probably because you're cooking with the wrong size. Related: Here's How Long Potatoes Last If You Store Them Correctly Before they're cooked, sweet potatoes should be stored in a cool, dark, dry place — like your countertop (so long as it's a well-ventilated room and not in direct sunlight). Avoid storing them in the fridge, as this can cause them to require longer cooking times and can even affect the flavor. Once you've cooked them, they can be stored in the fridge for up to four days, or frozen in an airtight container for up to four months.

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