

# BONIATO

VERSUS

# SWEET POTATO



Cousin to the Sweet Potato, *Boniato* has a nutty, chestnut-like flavor and is extremely popular in Latin and Caribbean cuisine. Its outer peel ranges in color from pink to purple

*Sweet Potato* has an outer peel that typically ranges from brown to orange



Boniato

*Boniato's* flesh is slightly lighter in color and slightly more mild in flavor than Sweet Potato

The root vegetables are very similar in levels of antioxidants, fiber, potassium and Vitamins A & C

Sweet Potato



Both are gluten-free and make an excellent substitution for traditional french fries



*Boniato* and *Sweet Potato* can be fried, mashed, baked, microwaved or air fried



*Turkey Shephard's Pie with Tio Jorge® Boniato Mash*



Both root vegetables are extremely versatile in recipe applications, being used for both sweet and savory meals



*Tio Jorge® Boniato Ice Cream*

Hungry for more? Visit [micfood.com](http://micfood.com) or contact us at [ask@micfood.com](mailto:ask@micfood.com) today!

**MICfood**®