BONIATO

VERSUS

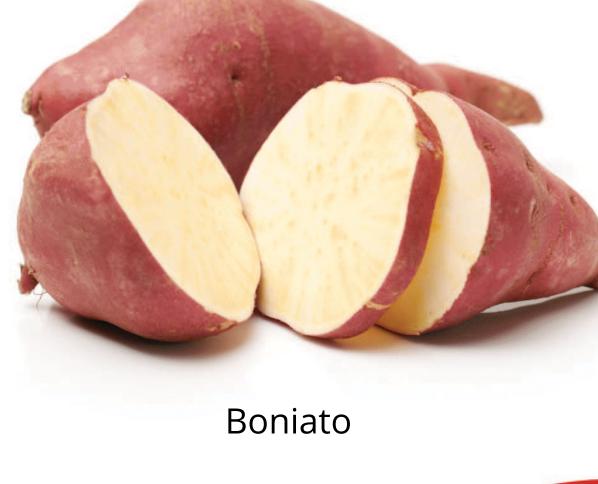
SWEET POTATO



Potato, *Boxiato* 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





is slightly lighter in color and slightly more mild in flavor than Sweet Potato

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

The root



Sweet Potato







Sweet Potato can be fried, mashed, baked, microwaved or air fried

Bouiato

and



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



Tio Jorge® Bouiato Ice Creau

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