

# RICE COOKER 'UALA (SWEET POTATOES)

## INGREDIENTS

- 6 small 'uala (purple Okinawan sweet potatoes are recommended)

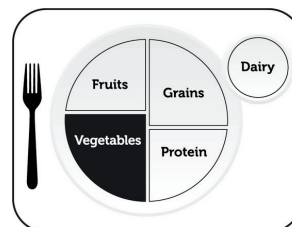
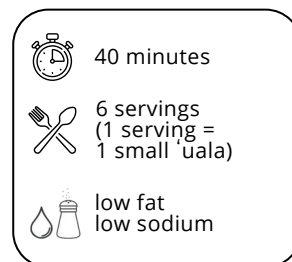
## DIRECTIONS

Always practice food safety when cooking.

- 1) Place steamer basket into rice cooker pot. Place about ½ inch of water in pot (not to go over the base of the basket).
- 2) Slice 'uala into 2 inch pieces.
- 3) Place 'uala in steamer basket, cover, and turn on rice cooker.
- 4) 'Uala will be done when rice cooker automatically shuts off.

## NOTES

- Loosely rolled balls of aluminum foil to cover the bottom of the pot can also be used instead of a steamer basket.
- This method results in 'uala that is more moist compared to baking or roasting.



Nutrition Facts	
6 servings per container	
<b>Serving size</b>	<b>1 small sweet potato (113g)</b>
Amount per serving	
<b>Calories</b>	<b>130</b>
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	
Vitamin D --mcg	--%
Calcium 40mg	4%
Iron 1mg	6%
Potassium --mg	--%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.