

Ipomoea Batatas
**sweet
potato**

It is a root that contains large amounts of starch, fibers and minerals and among these the potassium content stands out.

In energy value it exceeds the potato and in vitamins it stands out for the provitamin A (beta carotene). Very pleasant slightly sweet flavor.

Uses of sweet potato flour: breads, breakfasts and pastries. It is an option of refined flours for breads.

