



Our Story



We cultivate a unique Japanese Sweet Potato variety called "Beniharuka" grown in iron-rich red soil, embraced by the mineral-laden sea breeze in Nagasaki, Japan.

Once harvested, each sweet potato undergoes a rigorous selection process and is kept in a specialized, low-temperature storage room for 60 days.

This meticulous journey delivers a natural sweetness similar to honey when baked. These potatoes are carefully baked for approximately one hour in an advanced oven with finely adjustable temperatures, tailored to each potato's condition, and then immediately frozen to seal in their delicious flavor. A time-consuming process that guarantees exceptional quality. Experience an extraordinary journey with our uniquely flavored Japanese baked sweet potatoes "MIYABI".

An unparalleled taste experience you won't want to miss!

FOR FOOD SAFETY AND QUALITY

Keep Frozen.

Use within the same day once thawed.

Cooking Instructions

To avoid bursting, take the sweet potato out of the bag and place it on a microwave-safe plate uncovered. Heat in a 1100-watt microwave for approximately 2 minutes (adjust the time based on the sweet potato's size). Ensure it is thoroughly heated and soft before consuming. Be cautious not to overcook to prevent burning. Please handle with care, as the contents will be hot.

Nutrition Facts

4 servings per container
Serving size 4 oz(113g)

Amount per serving
Calories 190

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 44g	16%
Dietary Fiber 4g	14%
Total Sugars 28g	
Includes 0g Added Sugars	0%
Protein 2.4g	
VitaminD 0mcg	0%
Calcium 59mg	5%
Iron 2mg	11%
Potassium 780mg	17%

*The % Daily Value (DV) 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.

FROZEN BAKED SWEET POTATO MIYABI

Ingredients : Sweet Potatoes.

Net Wt. : 1lb (454g)

Produced by

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Product of JAPAN

WARNING

This product can expose you to acrylamide, a chemical known to the State of California to cause cancer.

For more information, go to www.P65Warnings.ca.gov.

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