

Camp Lejeune Dependents Schools

Recipe: 000301 OVEN ROASTED SWEET POTATOES

Recipe HACCP Process: #2 Same Day Service

Recipe Source:
Recipe Group: VEGETABLES

Alternate Recipe Name:
Number of Portions: 44
Size of Portion: 1/2 cup

011517 SWEETPOTATO,FRZ,CKD,BKD,WO/SALT... 004044 OIL,SOYBEAN..... 110489 CINNAMON, GROUND 6/16 OZ..... 019335 SUGAR,GRANULATED.....	10 LB, frozen 1/2 CUP 2 TBSP 6 TBSP	Preheat convection oven to 375 degrees F.
		Lightly coat sweet potato chunks with oil. Place 10 lb. of frozen sweet potato chunks on each of two 18" x 26" x 1" sheet pans.
		Combine cinnamon and sugar. Sprinkle mixture evenly over potatoes.
		Bake in a preheated 375 degree F. convection oven for 25 minutes or until potatoes are fork tender, and lightly browned. CCP: Heat to 140° F or higher
		Place 5 lb. of sweet potatoes in each of 2- 20" x 12" x 2" steamtable pans. Serve immediately using a 1/2 cup measure. CCP: Hold at 135 degrees F. or higher. Garnish suggestions: fresh orange slices or parsley <i>* Staggered or "just in time" production of this product is highly recommended to preserve quality at time of service.</i>

Calories	124	Iron	0.52 Mg	Protein	1.64 G	5.27% Calories from Prot
Cholesterol	0 Mg	Calcium	33.57 Mg	Carbohydrates	24.15 G	77.67% Calories from Carb
Sodium	8 Mg	Vitamin A	20009 IU	Total Fat	2.59 G	18.72% Calories from T Fat
Dietary Fiber	1.73 G	Vitamin C	8.72 Mg	Saturated Fat	0.38 G	2.78% Calories from S Fat
				Trans. Fat	0.00* G	0.00% Calories from Trans. Fat

Miscellaneous
Meat/Alt oz.
Grain/Bread srv.

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Recipe

Mar 11, 2010

F/V/J 0.500 cup
Milk fl. oz.

Moisture & fat Change
Moisture Change 0%
Fat Change 0%
Type of Fat:

Recipe Details:

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	011517	SWEETPOTATO,FRZ,CKD,BKD,WO/SALT			
I	004044	OIL,SOYBEAN			
I	110489	CINNAMON, GROUND	6/16 OZ		
I	019335	SUGAR,GRANULATED			