

## 000580 - SWEET POTATOES, HONEY ROASTED

Source: CHEF V Number of Portions: 25 Size of Portion: 1/2 CUP

> Components: Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:

HACCP Process: #2 Same Day Service

Recipe Subgroups: Vegetable, Red/Orange Attributes:

Ingredients	Measures	Instructions
011507 SWEET POTATO,RAW,UNPREP	7 lbs + 10 ozs	<b>To Cook:</b> 1. Preheat oven to 375 F (convection) or 400 F (conventional). 2. Peel sweet potatoes, and dice into 1" cubes.
004053 OIL,OLIVE,SALAD OR COOKING 019296 HONEY 002047 SALT,TABLE 002010 CINNAMON,GROUND	1/2 cup 1/2 cup 1/2 tsp 1 tsp	<ol> <li>Whisk olive oil, honey, and salt together.</li> <li>Toss diced sweet potatoes with oil mixture and toss to coat.</li> <li>Place diced sweet potatoes in a single layer on lined sheet pan s. Do not overcrowd pans or potatoes will steam instead of roast!</li> <li>Roast until fork tender for 40 to 45 minutes</li> </ol>
		<b>To Serve:</b> 1. Serve 1/2 cup honey roasted sweet potatoes to each customer. <b>CCP:</b> Heat to 135° F or higher.
		CCP: Hold at 135° F or higher.
		CCP: Hold for hot service at 135° F or higher

## \*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	178 kcal	Cholesterol	0 mg	Protein	2.20 g	Calcium	43.02 mg	22.19% Calories from Total Fat	
Total Fat	4.39 g	Sodium	124 mg	Vitamin A	2775.2 RE	Iron	0.91 mg	3.14% Calories from Saturated Fat	
Saturated Fat	0.62 g	Carbohydrates	33.51 g	Vitamin A	19627.4 IU	Water <sup>1</sup>	108.08 g	*0.00%* Calories from Trans Fat	
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	4.22 g	Vitamin C	3.4 mg	Ash <sup>1</sup>	1.51 g	75.28% Calories from Carbohydrates	
								4.94% Calories from Protein	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

Page 1

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for Printed 4/22/2014 and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Allergens								
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat	
NO	NO	NO	NO	NO	NO	NO	NO	
	YES = Present NO = Absent ? = Undefined							

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