

SWEET POTATO FRIES (FZN, OVENABLE)

Yield 100 Portions
Each Portion 3 OZ

Calories	Carbs	Protein	Fat	% Cal From Fat	Chol	Sodium	Fiber/Dtry	Calcium
106 kcal	17 gm	0 gm	3 gm	25.5 %	51 mg	153 mg		0 mg

Ingredients	Weight	Measure	Issue
POTATOES, SWEET, FR FRIES, CRINKLE, FRZ	30 lbs		
COOKING SPRAY, NONSTICK	0 lbs 2 oz	4 tbsp 1/2 tsp	

METHODS

- 1 Lightly spray sheet pans with non-stick cooking spray. Place a single layer of sweet potato fries on a sheet pan, about 2-1/5 pounds.
- 2 Using a convection oven, bake at 400 F. for 10-12 minutes on high fan, open vent until a light golden color. DO NOT OVERCOOK.
CCP: Hold at 140 F. or higher for service.

NOTES

- 1 If using a Combi-Oven, bake 8-10 minutes in Combi-Mode.