

BAKED SWEET POTATOES

Yield 100

Portion 1 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
191 cal	44 g	3 g	0 g	0 mg	24 mg	40 mg

Ingredient

SWEET POTATOES,FRESH

Weight

40 lbs

Measure

8 gal 2-1/8 qts

Issue**Method**

- 1 Scrub potatoes well; dry; remove any blemishes; place on sheet pans.
- 2 Prick skin with fork to allow steam to escape.
- 3 Using a convection oven, bake at 400 F. for 40 to 45 minutes on high fan, closed vent or until done. CCP: Hold at 140 F. or higher for service.