



# Roasted Sweet Potato Wedges (Peeled)



**No.** Q-305-01  
**Yield** 100 Portions  
**Each Portion**  
 4 oz (about 13 wedges)  
**Pan Size and Number**  
 18 x 26-INCH SHEET PANS (10)  
**Temp**  
 425°F (218°C)  
**Time** 10 min.

## Vegetables

**Go for Green® Color and Sodium**

### Codes

Green(Eat Often) Moderate Sodium

## Nutrition Facts

Calories 181

Carbohydrates  
30.7 g

Sugars\* 9.9 g

Protein 2.4 g

Fat 5.8 g

Saturated Fat  
0.5 g

Cholesterol 0  
mg

Sodium 397 mg

Calcium 47 mg

Fiber 5.8 g

## Ingredients

Ingredient	Measure	Weight	Approx. Issue
SWEET POTATOES, FRESH, PEELED, WEDGES, ½-INCH THICK	10 gal	38 lb	48 lb

OIL, CANOLA	2-1/3 cups	1 lb 1 oz
SALT	4 tbsp + 2 tsp	3 oz
PEPPER, BLACK, GROUND	1 tbsp	0.24 oz
COOKING SPRAY, NONSTICK		2 oz

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## Directions

- 1 In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
- 2 Peel and cut potatoes into ½-inch thick wedges.
- 3 Place sweet potato wedges in a large mixing bowl; drizzle with oil and toss to coat. Sprinkle salt and pepper over the wedges and toss lightly to distribute seasonings.
- 4 Lightly coat each (18 x 26-inch) sheet pan with nonstick cooking spray.
- 5 Add 1 gal (3 lb 13 oz) of seasoned sweet potato wedges to each (18 x 26-inch) sheet pan. Cook for 10 minutes in a preheated 425°F (218°C) convection oven.
- 6 Remove the potatoes from the oven and serve immediately or CP: hold hot at 135°F (57°C) until service.

### Recipe Notes

1. In Step 6, for best results, batch prepare.

2. In Step 8, the amount of wedges will vary based on the size of the potatoes and the thickness of each wedge.
3. \* Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar combined.