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Quick Baked Sweet Potatoes - USDA Recipe for CACFP

Makes: 25 or 50 Servings



Ingredients	Weight	25 Servings		50 Servings	
		Weight	Measure	Weight	Measure
*Fresh sweet potatoes, unpeeled	7 lb 8 oz		1 gal 3 qt 1/8 cup	15 lb	3 gal 2 qt 1/4 cup
Canola oil			1/4 cup		1/2 cup
Ground cinnamon			1 tsp		2 tsp
Granulated sugar	4 oz		1/2 cup	8 oz	1 cup
Ground nutmeg			2 tsp		1 Tbsp 1 tsp
Ground allspice			1 tsp		2 tsp

Directions

1. Cut 1 gal 3 qt 1/8 cup (about 7 lb 8 oz) sweet potatoes in half, and then cut into quarter wedges. Recommended to cook in batches of 25.
2. Combine sweet potato wedges, oil, cinnamon, sugar, nutmeg, and allspice in a large bowl. Spread evenly
3. Place 1 gal 3 qt 1 cup (7 lb 12 oz) spiced sweet potato wedges on a sheet pan (18" x 26" x 1"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.
4. Bake: Conventional oven: 450 °F for 35 minutes. Convection oven: 425 °F for 25 minutes.
5. Critical Control Point: Heat to 140 °F or higher.
6. Critical Control Point: Hold for hot service at 140 °F or higher.
7. Serve 1 portion (approx. 3 potato wedges per serving).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: One portion (approx. 3 potato wedges per serving) provides 1/2 cup red/orange vegetable.

CACFP Crediting Information: One portion (approx. 3 potato wedges per serving) provides 1/2 cup vegetable.

My Notes

Nutrition Information

Nutrients	Amount	Meal Components
Calories	111	Vegetables
Total Fat	2 g	Red & Orange 1/2 cup
Saturated Fat	0 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Cholesterol	0 mg	
Sodium	29 mg	
Total Carbohydrate	21 g	
Dietary Fiber	3 g	
Total Sugars	9 g	
Added Sugars included	N/A	
Protein	2 g	
Vitamin D	0 IU	
Calcium	33 mg	
Iron	1 mg	
Potassium	395 mg	
N/A - data is not available		