

John Stalker Institute

000164 - Cinnamon Rstd Sweet Potatoes

Recipe HACCP Process: #2 Same Day Service

Source:
Number of Portions: 50
Size of Portion: 1/2 cup

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0.5 Cup
Milk: 0 Cup

011601 YAM,RAW.....	15 LB	1. Wash yams/sweet potatoes well in abundant cold water. Cut into halves if large, and quarters if very large. Leave whole if small.
004053 OIL,OLIVE,SALAD OR COOKING...	1 1/4 CUP	2. Pour olive oil over potatoes, stir or toss to coat completely.
002047 SALT,TABLE..... 002030 PEPPER,BLACK..... 002010 CINNAMON,GROUND.....	3 TBSP 1 TBSP, ground 5 TBSP	3. Sprinkle salt, black pepper, and cinammon over potatoes. Stir to coat. Spread potatoes in a single layer on oiled sheet pans, or on parchment-lined baking sheets sprayed with pan spray. Roast potatoes in a single layer at the following temperatures: Convection oven: 375° F for 35-50 minutes Conventional oven: 400°F for 45-60 minutes CCP: Heat to 140° F or higher for at least 15 Seconds CCP: Hold at 140° F or higher for service.
		VARIATION: *Rosemary Roasted Sweet Potatoes - Sprinkle 1/2 oz. finely minced fresh rosemary (or 1.5 teaspoons dried rosemary) on potatoes when adding the salt and pepper. Cook as directed above.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	211 kcal	Cholesterol	0.00 mg	Protein	2.13 g	Calcium	31.88 mg	24.13%	Calories from Total Fat
Total Fat	5.65 g	Sodium	436.86 mg	Vitamin A	0.23 RE	Iron	0.85 mg	3.42%	Calories from Sat Fat
Saturated Fat	0.80 g	Carbohydrate	38.66 g	Vitamin A	190.84 IU	Water ¹	94.81 g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	6.03 g	Vitamin C	23.30 mg	Ash ¹	2.24 g	73.43%	Calories from Carbohydrates
								4.04%	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

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for 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.