825193 - Sweet Potato Boat

Source: Farm to School
Number of Portions: 24
Size of Portion: each

Components:	Recipe Subgroups:	Attributes:
Meat/Alt:	Vegetable, Red/Orange	Vegetables
Grains:		
Fruit:		
Vegetable: 0.5 cup		
Milk:		

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011508 SWEET POTATO,CKD,BKD IN SKN,WO/ SALT........... 009524 LEMON JUC FROM CONC,BTLD,REAL LEMON.......... 050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F.... 002047 SALT,TABLE..	12 each, 65 ct 3 Tbsp 3 Tbsp 1/2 tsp	Preheat convection oven to 350°F. Using a vegetable brush, scrub sweet potatoes under running water to remove sand and debris. Drain in a colander. Cut sweet potatoes in half lengthwise. Spray full size sheet pans with food release and place sweet potato halves on pan with cut side facing up. Halves should touch each other with no space in between. (Note: Farm to School sweet potatoes are usually packed with about 65 potaotes in a 40 lb cases and potatoes weigh about 9 to 10 ounces each.)
		In a small bowl, whisk together lemon juice and oil. Using a pastry brush, evenly coat the top of each sweet potato. (Note: Recipe may be revised to substitue lime juice for lemon juice.)
019334 SUGARS,BROWN... 002009 CHILI POWDER.. 002010 CINNAMON,GROUND....................................	3 TBSP (packed) 1/2 Tbsp 1/2 Tbsp	In a bowl, combine brown sugar, chili powder, cinnamon, and salt. Sprinkle approximately ½ teaspoon of seasoning over each potato. Bake at 350°F for 25 -30 minutes or until easily pierced with a fork. **CCP:** Heat to 135° F or higher.
		Transfer sweet potato halves to 2 inch deep steamtable pans. Serve 1 sweet potato half using tongs. **CCP:** Hold for hot service at 135° F or higher

*Nutrients are based upon 1 Portion Size (each)

Calories	148	kcal	Cholesterol	*0*	mg	Sugars	*10.8*	g	Calcium	56.84	mg	11.75%	Calories from Total Fat
Total Fat	1.94	g	Sodium	105	mg	Protein	2.85	g	Iron	1.02	mg	2.09%	Calories from Saturated Fat
Saturated Fat	0.34	g	Carbohydrates	30.91	g	Vitamin A	26872.7	IU	Water¹	*107.58*	g	*0.00%*	Calories from Trans Fat
Trans Fat²	*0.00*	g	Dietary Fiber	4.76	g	Vitamin C	27.7	mg	Ash¹	*2.05*	g	83.35%	Calories from Carbohydrates
												7.67%	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
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Allergens							
Milk	**Egg**	**Peanut**	**Tree Nut**	**Fish**	**Shellfish**	**Soy**	**Wheat**
?	?	?	?	?	?	?	?
YES = Present NO = Absent ? = Undefined							