



## Recipe Production

**Recipe Number:** FS054

**Recipe Name:** SWEET POTATO HUMMUS

**Hot:** No

**Recipe Source:** Vermont Feed

**HACCP Process Category:**

Complex

**Serving Description:** 1/2 CUP OR 4 OZ WEIGHT

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
96	1/2 CUP				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
9586	POTATO SWEET YAM 40 LB	30	Pound			(Unassigned)
2501	BEANS GARBANZO 6/10	13	Pound	2	Ounce	(Unassigned)
1046	SPICE CUMIN BULK 10 LB	9	Tbsp			(Unassigned)
1036	SAUCE SOY GFLS 5.2 GAL	1	Pint	2	Fl Oz	(Unassigned)
1101	SPICE MUSTARD GRD ORG 16 OZ	1	Cup			(Unassigned)
1063	SPICE GARLIC POWDER BULK 25 LB	9	Tbsp			(Unassigned)
1011	SALT KOSHER 12/3 LB	1	TBSP			(Unassigned)
3013	TAHINI 12/16 OZ	9	Tbsp			(Unassigned)

**Cooking Instructions**

**Cooking Temperature:** 0      **Cooking Times:**    **Hours:** 0      **Minutes:** 0

**Pre-Preparation Instructions**

Recipe Source: Vermont FEED cookbook "New School Cuisine"  
 Sweet potato yields 61%  
 Drained garbanzo beans yield 65%

**Preparation Instructions**

Roast sweet potatoes in 375 degree oven. Scoop out potato.  
 Drain beans.  
 Add all ingredients to bowl of food processor and blend until smooth.  
 Cover and chill until service.

**Serving Instructions**



## Recipe Production

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Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	13,729.7075	104.6050	143.0178		
Saturated Fat	g	20.6461	0.1573	0.2151	1.35	
Sodium	mg	41,475.5032	315.9969	432.0365		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	147.0164	1.1201	1.5314	9.64	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	2,764.0413	21.0589	28.7921	80.53	
Total Dietary Fiber	g	446.5748	3.4024	4.6518		
Protein	g	373.4013	2.8449	3.8896	10.88	
Vitamin A (RE)	RE	166,665.0514	1,269.8011	1,736.0943		
Vitamin A (IU)	IU	1,179,178.4727	8,984.0198	12,283.1091		
Vitamin C	mg	351.6658	2.6793	3.6632		
Calcium	mg	4,485.6328	34.1755	46.7253		
Iron	mg	149.5102	1.1391	1.5574		
Moisture	g	9,121.5895	69.4963	95.0166		*
Ash	g	163.8561	1.2484	1.7068		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
9586	POTATO SWEET YAM 40 LB	1.00	(Unassigned)	30	0.00	LB	/
2501	BEANS GARBANZO 6/10	1.00	(Unassigned)	1	0.89	CAN (111 OZ)	/
1046	SPICE CUMIN BULK 10 LB	1.00	(Unassigned)	0	0.12	LB	/
1036	SAUCE SOY GFLS 5.2 GAL	1.00	(Unassigned)			CONT (665 FL	/
1101	SPICE MUSTARD GRD ORG 16 OZ	1.00	(Unassigned)	4	0.06	OZ	/
1063	SPICE GARLIC POWDER BULK 25 LB	1.00	(Unassigned)			LB	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.01	BOX (3 LB)	/
3013	TAHINI 12/16 OZ	1.00	(Unassigned)	0	0.32	TUB (16 OZ)	/

**REPORT CRITERIA:**

Sections Filter(s):

Criteria Filter(s):

Report Comments Section: