

# John Stalker Institute

**000019 - Sweet Potato "Fries" (v. 2)**

**Recipe HACCP Process: #2 Same Day Service**

Source: Cambridge PS  
 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

Alternate Menu Name: Sweet Potato "Fries" v.2

011507 SWEET POTATO,RAW,UNPREP... 10 LB	1. Preheat oven to 425°F.  2. Wash sweet potatoes and lay them out on a sheet pan to dry.  3. Cut the sweet potatoes in half, then in half again lengthwise. slice each quarter into 4-6 wedges. Each potato should yield about 16 3" wedges.
050385 OIL, VEGETABLE..... 1/3 CUP 002009 CHILI POWDER..... 1 TBSP 799902 CUMIN,GROUND..... 1 TBSP 002010 CINNAMON,GROUND..... 1 TSP 002047 SALT, TABLE..... 1 1/2 TSP	4. Place the sweet potatoes in a 4" or 6" deep hotel pan and coat with a mixture of the chili powder, cumin, cinnamon, and salt. Toss to evenly coat.  5. Spread the wedges in a single layer on parchment lined sheet pans. Roast the wedges for 20 minutes, then carefully turn the wedges over and rotate the pan.  6. Roast the potatoes for another 10-20 minutes, until the wedges are tender and evenly browned.  8. Serve the wedges immediately, or transfer to a hotel pan and serve.  CCP: Heat to 140° F or higher for at least 15 Seconds  CCP: Hold at 140° F or higher for service.

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

Calories	92 kcal	Cholesterol	0.00 mg	Protein	1.47 g	Calcium	29.45 mg	15.16%	Calories from Total Fat
Total Fat	1.55 g	Sodium	123.31 mg	Vitamin A	1825.22 RE	Iron	0.67 mg	2.39%	Calories from Sat Fat
Saturated Fat	0.24 g	Carbohydrate	18.42 g	Vitamin A	12916.45 IU	Water <sup>1</sup>	*70.14* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.81 g	Vitamin C	2.19 mg	Ash <sup>1</sup>	*1.11* g	80.22%	Calories from Carbohydrates
								6.40%	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

<sup>1</sup> - 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.