John Stalker Institute

000166 - Sweet Potato Salad   **Recipe HACCP Process: #3 Complex Food Preparation**

Source:
Number of Portions: 50
Size of Portion: 2/3 CUP

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

Ingredients	Amount	Instructions
011507 SWEET POTATO,RAW,UNPREP...	9 LB + 5 OZ	1. Peel the potatoes, rinse, and place in large pot. Cover with water. Bring to a simmer and cook gently until the potatoes are just cooked through but not mushy, about 20 minutes. Alternatively, cook in steamer until just cooked through but not mushy, about 10 minutes. 2. Drain and tansfer to a bowl. Let cool. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours
004053 OIL,OLIVE,SALAD OR COOKING.... 002047 SALT,TABLE.................................... 011215 GARLIC,RAW................................. 799902 CUMIN,GROUND........................... 002028 PAPRIKA....................................... 011297 PARSLEY,RAW.............................. 902422 Cilantro... 009152 LEMON JUICE,RAW......................	1 1/2 CUP 3 TBSP 6 clove 2 TBSP 2 TBSP 2 CUP, chopped 3 OZ 1/4 CUP	3. Place the salt, garlic, cumin, paprika, parsley, and cilantro in a food processor. With the motor running, begin pouring the olive oil and lemon juice through the feed tube and process for about 1 minute to a bright green puree. 4. When potatoes are cool, cut them into 1/2 inch cube and place back in bowl. Pour over the dressing and gently fold together to dress the potatoes. CCP: Hold for cold service at 41° F or lower.

*Nutrients are based upon 1 Portion Size (2/3 CUP)

Calories	134 kcal	Cholesterol	0.00 mg	Protein	1.51 g	Calcium	32.69 mg	44.66% Calories from Total Fat
Total Fat	6.64 g	Sodium	473.87 mg	Vitamin A	1745.51 RE	Iron	0.94 mg	6.22% Calories from Sat Fat
Saturated Fat	0.92 g	Carbohydrate	17.61 g	Vitamin A	12433.13 IU	Water¹	*68.78* g	*0.00%* Calories from Trans Fat
Trans Fat¹	*0.00* g	Dietary Fiber	2.75 g	Vitamin C	*5.83* mg	Ash¹	*2.03* g	52.67% Calories from Carbohydrates
								4.51% 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.