

Orange-Glazed Sweet Potatoes

Vegetable

Vegetables

I-12

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned cut sweet potatoes, in light syrup	5 lb 1 oz	2 qt 2 ¾ cups (¾ No. 10 can)	10 lb 2 oz	1 gal 1 ¾ qt (1 ½ No. 10 cans)	<ol style="list-style-type: none"> 1. Drain sweet potatoes, reserving liquid. For 25 servings, reserve ½ cup liquid. For 50 servings, reserve 1 cup liquid. Set liquid aside for step 3. 2. Place 2 lb 14 oz (1 qt 2 ¼ cups) sweet potatoes into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. 3. Glaze: Combine margarine or butter, brown sugar, orange juice concentrate, reserved sweet potato liquid, nutmeg (optional), and cinnamon. Stir to blend. 4. Bring to a boil. Remove from heat. Add raisins (optional). 5. Pour 1 ¼ cups 2 Tbsp glaze over each pan of sweet potatoes. <p>Bake: Conventional oven: 375° F for 20-30 minutes Convection oven: 325° F for 15-20 minutes</p> <ol style="list-style-type: none"> 6. CCP: Hold at 140° F or warmer. <p>Portion with No. 16 scoop (¼ cup).</p>
Margarine or butter	2 oz	¼ cup	4 oz	½ cup	
Brown sugar, packed	2 ⅞ oz	¼ cup 2 Tbsp	5 ¾ oz	¾ cup	
Frozen orange juice concentrate	3 ½ oz	¼ cup 2 Tbsp	7 oz	¾ cup	
Reserved sweet potato liquid		½ cup		1 cup	
Ground nutmeg (optional)		½ tsp		1 tsp	
Ground cinnamon		½ tsp		1 tsp	
Raisins (optional)	2 ½ oz	½ cup	5 oz	1 cup	

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SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of vegetable.	25 Servings: 7 lb 3 oz 1 pan	25 Servings: 1 quart 2 ¼ cups
	50 Servings: 14 lb 6 oz 2 pans	50 Servings: 3 quarts ½ cup
	Edited 2014	

Nutrients Per Serving

Calories	96	Saturated Fat	0.41 g	Iron	0.49 mg
Protein	.85 g	Cholesterol	0 mg	Calcium	15 mg
Carbohydrate	19.5 g	Vitamin A	4280 IU	Sodium	46 mg
Total Fat	2.00 g	Vitamin C	11.1 mg	Dietary Fiber	1.7 g