



Orange Glazed Sweet Potatoes

USDA Recipe for CACFP

These Orange Glazed Sweet Potatoes have fresh sweet potatoes coated with a glaze that includes orange juice concentrate, ginger, cranberries, cinnamon and nutmeg.

CACFP CREDITING INFORMATION

A rounded 3 fl oz spoodle provides $\frac{3}{8}$ cup vegetable.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Margarine, trans-fat free	4 oz	½ cup	8 oz	1 cup	1 In a large stock pot, add margarine, ginger, orange juice concentrate, brown sugar, cinnamon, nutmeg, salt, vanilla, and water. Bring to a boil for 2–3 minutes. Remove from heat.
Ginger, chopped	2 oz	¼ cup	4 oz	½ cup	
Orange juice, concentrated, frozen, thawed		1 cup		2 cups	
Brown sugar	12 oz	1½ cups	1 lb 8 oz	3 cups	
Ground cinnamon		2 tsp		1 Tbsp 1 tsp	
Ground nutmeg		2 tsp		1 Tbsp 1 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Salt		1 tsp		2 tsp	
Vanilla extract		2 tsp		1 Tbsp 1 tsp	
Water		1 cup		2 cups	
*Fresh sweet potatoes, diced 1/2"	3 lb 8 oz	3 qt 1 1/8 cups	7 lb	1 gal 2 qt 2 1/4 cups	2 Combine 1 cup (about 9 2/3 oz) ginger mixture and sweet potatoes in a large bowl. Spread evenly. Recommend to cook in batches of 25. Set remaining ginger mixture aside for step 6.
					3 Place 2 qt (about 4 lb 2 oz) sweet potatoes on a steam table pan (12" x 20" x 2 1/2"). Cover tightly. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					4 Bake: Conventional oven: 375 °F for 20–25 minutes. Convection oven: 350 °F for 15–20 minutes.
					5 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					6 While sweet potatoes are baking, pour remaining ginger mixture into a large stock pot. Heat uncovered over medium–high heat. Bring to a boil.
Cornstarch		1 Tbsp		2 Tbsp	7 Add cornstarch and water. Simmer for 1 minute or until mixture thickens. Stir well.
Water		1 Tbsp		2 Tbsp	
Dried cranberries	5 oz	1 cup	10 oz	2 cups	8 Add cranberries. Simmer uncovered for 1 minute. Stir well.
					9 After removing sweet potatoes from oven, pour 2 cups (about 1 lb 2 oz) glaze over each pan.
					10 Critical Control Point: Hold for hot service at 140 °F or higher.
					11 Portion with a 3 fl oz spoodle (rounded).



NUTRITION INFORMATION

For a rounded 3 fl oz spoonful.

NUTRIENTS	AMOUNT
Calories	163
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	0 mcg
Sodium	162 mg
Total Carbohydrate	35 g
Dietary Fiber	3 g
Total Sugars	23 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	0 IU
Calcium	86 mg
Iron	1 mg
Potassium	303 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Sweet potatoes	4 lb 6 oz	8 lb 12 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 5 lb 3 oz	About 10 lb 6 oz
About 2 qt 2 $\frac{1}{3}$ cups/1 steam table pan (12" x 20" x 2 $\frac{1}{2}$ ")	About 1 gal 1 qt $\frac{3}{4}$ cup/2 steam table pans (12" x 20" x 2 $\frac{1}{2}$ ")