



Quick Baked Sweet Potatoes USDA Recipe for CACFP

These Quick Baked Sweet Potatoes contain fresh sweet potato wedges coated with spices and baked.

CACFP CREDITING INFORMATION

1 portion (approximately 3 potato wedges per serving) provides ½ cup vegetable.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh sweet potatoes, unpeeled	7 lb 8 oz	1 gal 3 qt ⅛ cup	15 lb	3 gal 2 qt ¼ cup	<p>1 Cut 1 gal 3 qt ⅛ cup (about 7 lb 8 oz) sweet potatoes in half, and then cut into quarter wedges. Recommend to cook in batches of 25.</p> <p>2 Combine sweet potato wedges, oil, cinnamon, sugar, nutmeg, and allspice in a large bowl. Spread evenly.</p>
Canola oil		¼ cup		½ cup	
Ground cinnamon		1 tsp		2 tsp	
Granulated sugar	4 oz	½ cup	8 oz	1 cup	
Ground nutmeg		2 tsp		1 Tbsp 1 tsp	
Ground allspice		1 tsp		2 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>3 Place 1 gal 3 qt 1 cup (7 lb 12 oz) spiced sweet potato wedges on a sheet pan (18" x 26" x 1").</p> <p>For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
					<p>4 Bake: Conventional oven: 450 °F for 35 minutes. Convection oven: 425 °F for 25 minutes.</p>
					<p>5 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.</p>
					<p>6 Critical Control Point: Hold for hot service at 140 °F or higher.</p>
					<p>7 Serve 1 portion (approximately 3 potato wedges per serving).</p>



NUTRITION INFORMATION

For 1 portion (approximately 3 potato wedges per serving).

NUTRIENTS	AMOUNT
Calories	111
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Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	29 mg
Total Carbohydrate	21 g
Dietary Fiber	3 g
Total Sugars	9 g
Added Sugars included	N/A
Protein	2 g
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Vitamin D	0 IU
Calcium	33 mg
Iron	1 mg
Potassium	45 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Sweet potatoes	9 lb 6 oz	18 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 6 lb 2 oz	About 12 lb 4 oz
About 3 qt ¼ cup/1 sheet pan (18" x 26" x 1")	About 1 gal 2 qt ½ cup/2 sheet pans (18" x 26" x 1")

