



## Baked Sweet Potatoes with Apples

Baked sweet potatoes and apples become a year-round favorite when you spice them up with dried cranberries, ginger, and nutmeg!

### CACFP Adult Portion Crediting Information:

1 cup (8 oz spoodle) provides  $\frac{5}{8}$  cup vegetable ( $\frac{5}{8}$  cup red/orange vegetable), and  $\frac{3}{8}$  cup fruit.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
					<b>1</b> Preheat oven: Conventional oven: 375 °F. Convection oven: 350 °F.
*Fresh sweet potatoes, diced ½"	6 lb 8 oz	1 gal 2 ½ qt	13 lb	3 gal 1 qt	<b>2</b> Place 1 gal 2 ½ qt (about 6 lb 8 oz) sweet potatoes in steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					<b>3</b> Cover tightly and bake until tender: Conventional oven: 375 °F for 20-25 minutes. Convection oven: 350 °F for 15-20 minutes.
					<b>4</b> Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
Margarine, trans fat-free	4 oz	½ cup	8 oz	1 cup	<b>5</b> While sweet potatoes are baking, add margarine, ginger, brown sugar, cinnamon, nutmeg, salt, and vanilla to a large stock pot. Simmer uncovered over medium-high heat for 1-2 minutes.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Fresh ginger, chopped	2 oz	¼ cup	4 oz	½ cup	
Brown sugar, packed	12 oz	2 cups	1 lb 8 oz	1 qt	
Ground cinnamon		2 tsp		1 Tbsp 1 tsp	
Ground nutmeg		2 tsp		1 Tbsp 1 tsp	
Salt		1 tsp		2 tsp	
Vanilla extract		2 tsp		1 Tbsp 1 tsp	
Frozen green apples, sliced, thawed, unsweetened	3 lb 4 oz	2 qt	6 lb 8 oz	1 gal	<b>6</b> Add apples. Simmer uncovered over medium-high heat for 3-5 minutes. Stir well until apples are coated with sugar mixture.
Water		1 cup		2 cups	<b>7</b> Add water and orange juice concentrate. Bring to a boil.
Orange juice, concentrated, frozen, thawed		1 cup		2 cups	
Dried cranberries or dried raisins	12 oz	2 ½ cups	1 lb 8 oz	1 qt 1 cup	<b>8</b> Add cranberries, corn starch, and water. Stir well. Bring to a boil. Allow cornstarch mixture to thicken and adhere to apples.
Cornstarch		⅛ cup		¼ cup	
Water		⅛ cup		¼ cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p><b>9</b> Remove sweet potatoes from oven. Pour apple mixture, 2 ¼ qt (about 5 lb) over sweet potatoes. Stir gently.</p>
					<p><b>10</b> Critical Control Point: Hold for hot service at 140 °F or higher.</p>
					<p><b>11</b> Serve 1 cup (portion with 8 oz spoodle).</p>

## NUTRITION INFORMATION

For 1 cup (8 oz spoodle)

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>227</b>
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<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	1 g
Cholesterol	0 mg
<b>Sodium</b>	<b>139 mg</b>
<b>Total Carbohydrate</b>	<b>51 g</b>
Dietary Fiber	4 g
Total Sugars	31 g
Added Sugars included	N/A
<b>Protein</b>	<b>2 g</b>
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Vitamin A	691 mcg RAE
Vitamin C	30 mg
Vitamin D	19 IU
Calcium	106 mg
Iron	1 mg
Potassium	489 mg
N/A=no data available.	

## MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Sweet Potatoes	8 lb 2 oz	16 lb 4 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 10 lbs	About 20 lbs
About 1 gal 1½ qt/1 steam table pan (12" x 20" x 2 ½")	About 2 gal 3 qt/2 steam table pans (12" x 20" x 2 ½")

## SOURCE

CACFP Adult Portion Recipe Project