



Orange Glazed Sweet Potatoes USDA Recipe for Schools

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

NSLP/SBP CREDITING INFORMATION

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

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Margarine, trans fat-free	8 oz	1 cup	1 lb	2 cups	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	4 oz	$\frac{1}{2}$ cup	8 oz	1 cup	
Orange juice, concentrated, frozen, thawed		2 cups		1 qt	
Brown sugar	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups	
Ground cinnamon		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Ground nutmeg		1 Tbsp 1 tsp		2 Tbsp 2 tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Salt		2 tsp		1 Tbsp 1 tsp	
Vanilla extract		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Water		2 cups		1 qt	
*Fresh sweet potatoes, diced 1/2"	7 lb	1 gal 2 qt 2 1/4 cups	14 lb	3 gal 1 qt 1/2 cup	<p>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.</p>
					<p>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 50 servings, use 2 pans. For 100 servings, use 4 pans.</p>
					<p>4 Bake: Conventional oven: 375 °F for 20–25 minutes. Convection oven: 350 °F for 15–20 minutes.</p>
					<p>5 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.</p>
					<p>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.</p>
					<p>7 Add cornstarch and water. Simmer for 1 minute or until mixture thickens. Stir well.</p>
					<p>8 Add cranberries. Simmer uncovered for 1 minute. Stir well.</p>
					<p>9 After removing sweet potatoes from oven, pour 2 cups (about 1 lb 2 oz) glaze over each pan.</p>
					<p>10 Critical Control Point: Hold for hot service at 140 °F or higher.</p>
					<p>11 Portion with a 3 fl oz spoodle (rounded).</p>



NUTRITION INFORMATION

For a rounded 3 fl oz spoonful.

NUTRIENTS	AMOUNT
Calories	163
<hr/>	
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
<hr/>	
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	50 Servings	100 Servings
Sweet potatoes	8 lb 12 oz	17 lb 8 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

50 Servings	100 Servings
About 10 lb 6 oz	About 20 lb 12 oz
About 1 gal 1 qt ³ / ₄ cup/2 steam table pans (12" x 20" x 2 ¹ / ₂ ")	About 2 gal 2 qt 1 ¹ / ₂ cups/4 steam table pans (12" x 20" x 2 ¹ / ₂ ")

