



Quick Baked Sweet Potatoes USDA Recipe for Schools

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

NSLP/SBP CREDITING INFORMATION:

1 portion (approx. 3 potato wedges per serving) provides $\frac{1}{2}$ cup red/orange vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh sweet potatoes, unpeeled	15 lb	3 gal 2 qt $\frac{1}{4}$ cup	30 lb	7 gal $\frac{1}{2}$ cup	1 Cut 1 gal 3 qt $\frac{1}{8}$ cup (about 7 lb 8 oz) sweet potatoes in half, and then cut into quarter wedges. Recommend to cook in batches of 25. 2 Combine sweet potato wedges, oil, cinnamon, sugar, nutmeg, and allspice in a large bowl. Spread evenly.
Canola oil		$\frac{1}{2}$ cup		1 cup	
Ground cinnamon		2 tsp		1 Tbsp 1 tsp	
Granulated sugar	8 oz	1 cup	1 lb	2 cups	
Ground nutmeg		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Ground allspice		2 tsp		1 Tbsp 1 tsp	

INGREDIENTS	50 SERVINGS		100 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 50 servings, use 2 pans. For 100 servings, use 4 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 135 °F or higher for at least 15 seconds.</p>
					<p>6 Critical Control Point: Hold for hot service at 135 °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
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
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	50 Servings	100 Servings
Sweet potatoes	18 lb 12 oz	37 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 12 lb 4 oz	About 24 lb 8 oz
About 1 gal 2 qt ½ cup/2 sheet pans (18" x 26" x 1")	About 3 gal 1 cup/4 sheet pans (18" x 26" x 1")

