



825069 - Cinnamon Roasted Sweet Potato

Source: K12 Culinary

Number of Portions: 25

Size of Portion: 1/2 cup

Alternate Recipe Name: Roasted Sweet Potatoes

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Vegetable, Red/Orange

Attributes:

Vegetables

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
826508 Olive Oil Blend 90/10, Colavita L116.....	1/2 cup	Combine oil, honey, salt and cinnamon in a large bowl. Using a whisk, mix until combined.
019296 HONEY.....	1/2 cup	
002047 SALT, TABLE.....	1/2 tsp	
002010 CINNAMON, GROUND.....	1 tsp	
011508 SWEET POTATO, CKD, BKD IN SKN, WO/ SALT....	7 lbs + 10 OZS (fresh)	<p>Weigh, then rinse and scrub sweet potatoes under running water and drain well in a colander.</p> <p>Cut sweet potatoes crosswise into ½ inch slices.</p> <p>Add sliced sweet potato to seasoned oil and toss to coat all pieces evenly.</p> <p>Spray full size sheet pan with pan release.</p> <p>Place sweet potato slices in a single layer directly on the sheet pan. If potatoes are overlapping, they will steam instead of roast. Use one pan for 25 servings.</p> <p>Note: Do not use pan liners as this will inhibit browning and roasted flavor development.</p> <p>Roast at 375°F for 35-40 minutes or until easily pierced by a fork.</p> <p>Potatoes should brown slightly around the edges.</p> <p>CCP: Heat to 135° F or higher.</p>
		<p>Transfer sweet potatoes to 2 inch deep full size steamtable pan for service.</p> <p>Serve ½ c. using no. 8 disher or 4 oz. spoodle. Note: Tongs may be used for service to prevent damage to slices; however, a sample serving should be portioned to demonstrate the required 1/2 cup and be available for reference as needed.</p> <p>This recipe is best prepared for just in time service to avoid leftovers.</p> <p>CCP: Hold for hot service at 135° F or higher</p>

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	184 kcal	Cholesterol	0 mg	Sugars	14.5 g	Calcium	54.05 mg	22.96%	Calories from Total Fat
Total Fat	4.69 g	Sodium	97 mg	Protein	2.81 g	Iron	0.99 mg	1.92%	Calories from Saturated Fat
Saturated Fat	0.39 g	Carbohydrates	34.32 g	Vitamin A	26587.6 IU	Water ¹	*106.01* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	4.63 g	Vitamin C	27.2 mg	Ash ¹	*2.00* g	74.70%	Calories from Carbohydrates
								6.11%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.