



825069 - Cinnamon Roasted Sweetpotato

Source: K12 Culinary

Number of Portions: 25

Size of Portion: 1/2 cup

Alternate Recipe Name: Roasted Sweetpotatoes

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Vegetable, Red/Orange

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
826508 Olive Oil Blend 90/10, Colavita L116..... 019296 HONEY..... 002010 CINNAMON,GROUND..... 002047 SALT, TABLE.....	1/2 cup 1/2 cup 1 tsp 1/2 tsp	Combine oil, honey, cinnamon, and salt in a large bowl. Using a whisk, mix until combined.
011508 SWEET POTATO,CKD,BKD IN SKN,FLESH,WO/ SA...	7 lbs + 10 OZS (fresh)	Weigh, then rinse and scrub sweetpotatoes under running water and drain well in a colander. Do not peel. Cut sweetpotatoes crosswise into ½ inch slices. Add sliced sweetpotato to seasoned oil and toss to coat all pieces evenly. Spray full size sheet pan with food release. Place sweetpotato slices in a single layer directly on the sheet pan. Do not overlap the potatoes or they will steam instead of roast. Use one pan for 25 servings. Note: Do not use pan liners as this will inhibit browning and roasted flavor development. Roast at 375° F for 35-40 minutes or until easily pierced by a fork. Potatoes should brown slightly around the edges. CCP: Heat to 135° F or higher.
		Transfer sweetpotatoes to 2 inch full size pan for service. Serve ½ cup 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. This recipe is best prepared for just in time service. CCP: Hold for hot service at 135° F or higher.

*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.									