



825129 - Sweetpotato Souffle: canned

Source: K12 Culinary
 Number of Portions: 24
 Size of Portion: 1/2 cup

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
826505 Margarine, TransFat Free, Ventura 16936..... 011514 SWEET POTATO,CND,MSHD..... 050430 EGGS, WHOLE, FROZEN, PASTEURIZED, RAW..... 019334 SUGARS,BROWN..... 825055 Juice, ECO Orange, 4 oz, SunCup 030100..... 002010 CINNAMON,GROUND..... 002050 VANILLA EXTRACT..... 002025 NUTMEG,GROUND.....	4 ozs 1 #10 Can 2 cups 2 CUPS (packed) 1/2 cup 1 Tbsp 1 Tbsp 1/4 tsp	Weigh, then melt margarine. Combine sweetpotatoes, melted margarine, eggs, brown sugar, orange juice, cinnamon, vanilla extract, and nutmeg in large bowl. Using a stiff whisk, mix until ingredients are blended and smooth.
		Spray a 2 inch full size pan well with food release. Pour approximately 1 gallon of mixture into each prepared pan. Use one pan for every 24 servings. Bake at 350° F for 45 minutes or until sweetpotato mixture has set, similar to a cake. CCP: Heat to 165° F or higher.
050456 OATS, ROLLED, UNENRICHED, QUICK, DRY, NO... 051563 Flour, White Whole Wheat/Enriched 60/40..... 019334 SUGARS,BROWN..... 002010 CINNAMON,GROUND..... 826505 Margarine, TransFat Free, Ventura 16936.....	5 ozs 1/2 cup 1/4 CUP (packed) 1/2 tsp 3 ozs	Allow margarine to soften slightly. While sweetpotato mixture is baking, prepare the topping by combining oats, flour, brown sugar, cinnamon, and softened margarine to make a crumbly mixture.
		Remove sweetpotatoes from oven and top each pan with 2 packed cups of topping and cook for additional 15 minutes until topping is golden brown. Serve 1/2 cup with a no. 8 disher.

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

Calories	334 kcal	Cholesterol	75 mg	Sugars	*27.6* g	Calcium	74.89 mg	24.58%	Calories from Total Fat
Total Fat	9.11 g	Sodium	196 mg	Protein	6.38 g	Iron	2.60 mg	10.01%	Calories from Saturated Fat
Saturated Fat	3.71 g	Carbohydrates	56.64 g	Vitamin A	11605.9 IU	Water ¹	*95.72* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.19 g	Vitamin C	9.2 mg	Ash ¹	*1.07* g	67.93%	Calories from Carbohydrates
								7.65%	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.