



## 825194 - Sweet Potato Souffle:F2S Puree

Source: Farm to School

Number of Portions: 40

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.....	4 ozs	Weigh, then melt margarine. Combine sweet potatoes, melted margarine, eggs, sugar, orange juice, cinnamon, nutmeg, and vanilla extract in large bowl. Using a stiff whisk, mix until ingredients are blended and smooth.  (Note: 8 large shell eggs may be substituted for the 2 cups of frozen liquid eggs.)
826509 Sweet Potato Puree, F2S, Yamco, LLC.....	3 bag, 3 lb	
050430 EGGS, WHOLE, FROZEN, PASTEURIZED, RAW.....	2 cups	
019335 SUGARS,GRANULATED.....	2 cups	
825055 Juice, ECO Orange, 4 oz, SunCup 030100.....	1/2 cup	
002010 CINNAMON,GROUND.....	1 Tbsp	
002025 NUTMEG,GROUND.....	1/4 tsp	Spray a 2 inch full size steamtable pan well with pan release. Pour approximately 1 1/2 gallon of mixture into each prepared pan. Use one pan for every 40 servings.  Bake at 350 degrees F for 45 minutes or until sweet potato mixture is solid. <b>CCP:</b> Heat to 165° F or higher for at least 15 seconds
002050 VANILLA EXTRACT.....	1 Tbsp	
050456 OATS, ROLLED, UNENRICHED, QUICK, DRY, NO...	5 ozs	While sweet potatoe mixture is baking, prepare the topping by combining oats, flour, brown sugar, cinnamon and margarine to make a crumbly mixture.
050400 FLOUR, WHOLE WHEAT.....	1/2 cup	
019334 SUGARS,BROWN.....	1/4 CUP (packed)	
002010 CINNAMON,GROUND.....	1/2 tsp	
826505 Margarine, TransFat Free, Ventura 16936.....	3 ozs	
		Remove sweet potatoes 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 #8 disher.

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

Calories	191 kcal	Cholesterol	45 mg	Sugars	*19.9* g	Calcium	33.15 mg	25.10%	Calories from Total Fat
Total Fat	5.31 g	Sodium	72 mg	Protein	4.35 g	Iron	1.93 mg	10.39%	Calories from Saturated Fat
Saturated Fat	2.20 g	Carbohydrates	31.65 g	Vitamin A	3306.7 IU	Water <sup>1</sup>	*0.21* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	2.70 g	Vitamin C	1.1 mg	Ash <sup>1</sup>	*0.02* g	66.46%	Calories from Carbohydrates
								9.14%	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

<sup>1</sup> - denotes optional nutrient values<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
?	?	?	?	?	?	?	?
YES = Present   NO = Absent   ? = Undefined							