



825195 - Sweet Potato Spice Squares

Source: Farm to School

Number of Portions: 48

Size of Portion: each

Components:

Meat/Alt:

Grains: 1 oz

Fruit:

Vegetable:

Milk:

Recipe Subgroups:

Whole Grain Rich

Attributes:

Grain

HACCP Process: No HACCP Process

Ingredients	Measures	Instructions
050400 FLOUR, WHOLE WHEAT.....	1 lb	Preheat convection oven to 300 degrees F. Spray full size sheet pan with pan release spray. Using a scale, weigh whole wheat flour, all- purpose flour, and rolled oats. Combine whole wheat flour, all-purpose flour, rolled oats, baking powder, baking soda, cinnamon and salt.
050393 FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLE.....	8 ozs	
050456 OATS, ROLLED, UNENRICHED, QUICK, DRY, NO.....	4 ozs	
018369 LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTIN...	1 Tbsp + 2 tsp	
018372 LEAVENING AGENTS,BAKING SODA.....	1 tsp	
002010 CINNAMON,GROUND.....	1 Tbsp	
002047 SALT,TABLE.....	1/2 Tbsp	
826509 Sweet Potato Puree, F2S, Yamco, LLC.....	1 bag, 3 lb	In a separate bowl, combine sweet potato puree, brown sugar, eggs, orange juice, and oil. Stir until smooth. Add dry ingredients to sweet potato mixture and stir just until combined; approximately 20 seconds. Pour batter into prepared pan.
019334 SUGARS,BROWN.....	1 lb + 12 ozs	
050430 EGGS, WHOLE, FROZEN, PASTEURIZED, RAW.....	2 cups	
825055 Juice, ECO Orange, 4 oz, SunCup 030100.....	1/2 cup	
050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F.....	1/2 cup	

009050 BLUEBERRIES,RAW.....	2 cups	<p>Top batter with 2 cups of fresh blueberries. (Note: recipe may be revised to omit blueberries when not in season.)</p> <p>Bake in convection oven at 300 degrees F with fan on high for 16 to 18 minutes until lightly browned; Cooking times may vary. Insert a knife into the baked product to test for doneness - the knife should be batter free when done. Cut baked product 6 x 8 for 48 servings per pan. Serve with tongs or goved hands.</p> <p>May be prepared in advance, cooled, and frozen for use within 4 weeks.</p> <p>CCP: No bare hand contact with ready to eat food.</p>
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*Nutrients are based upon 1 Portion Size (each)

Calories	181 kcal	Cholesterol	38 mg	Sugars	*19.2* g	Calcium	60.44 mg	18.01%	Calories from Total Fat
Total Fat	3.62 g	Sodium	174 mg	Protein	4.07 g	Iron	1.47 mg	3.66%	Calories from Saturated Fat
Saturated Fat	0.74 g	Carbohydrates	34.17 g	Vitamin A	911.0 IU	Water ¹	*5.46* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.32 g	Vitamin C	1.5 mg	Ash ¹	*0.64* g	75.47%	Calories from Carbohydrates
								9.00%	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.

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