



## 825130 - Sweet Potato Wedges w/Lime Dip

Source: K12 Culinary

Number of Portions: 32

Size of Portion: 1/2 cup

Alternate Recipe Name: Sweet Potatoes w/Dip

### 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
825051R Lime Yogurt Dip.....	1 qt	<b>CCP: No bare hand contact with ready to eat food.</b> Prepare the school made Lime Yogurt Dip according to recipe. Use a 1 ounce spoodle or 1/8 cup measure to scoop 1 fluid ounce (2 tablespoons) of dip into each small portion cup. <b>CCP: Hold at 41 degrees F. or lower.</b>
		Preheat oven to 400 degrees F Line sheet pan with parchment paper and lightly spray with pan release. For 32 servings use 2 sheet pans.
011508 SWEET POTATO,CKD,BKD IN SKN,WO/ SALT....	7 lbs + 4 OZS (fresh)	Rinse sweet potatoes under running water and scrub clean with a vegetable brush. Cut each sweet potato in half lengthwise. Then cut each half lengthwise into 4 even wedges. Place sweet potato wedges in a large mixing bowl.
826508 Olive Oil Blend 90/10, Colavita L116..... 002030 PEPPER,BLACK..... 002047 SALT, TABLE..... 002010 CINNAMON,GROUND.....	1/4 cup 1 TSP (ground) 1 tsp 1/2 tsp	Add the olive oil blend to the cut potatoes and gently mix to coat.  In a small bowl combine the salt, black pepper and cinnamon. Sprinkle over the sweet potatoes and mix to distribute the spices..
		Place seasoned sweet potato wedges in a single layer on the prepared sheet pans. Do not crowd the pieces or they will not roast properly.  Bake in the preheated 400°F oven for about 25-35 minutes, or until the sweet potatoes are browned, blistered and tender.  <b>CCP: Heat to 135° F or higher.</b>

		<p>Transfer sweet potato wedges to 2-inch deep full-size steamtable pans for service.</p> <p>Serve ½ cup portions using a 4 oz spoodle.</p> <p><b>CCP: Hold and serve at 135 degrees F. or above.</b></p> <p>Serve each portion with 1 ounce of the Lime Yogurt Dip.</p>
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\*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	127	kcal	Cholesterol	1	mg	Sugars	8.2	g	Calcium	71.71	mg	14.32%	Calories from Total Fat
Total Fat	2.02	g	Sodium	139	mg	Protein	4.97	g	Iron	0.75	mg	1.51%	Calories from Saturated Fat
Saturated Fat	0.21	g	Carbohydrates	23.07	g	Vitamin A	19751.7	IU	Water <sup>1</sup>	*103.79*	g	*0.01%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00*	g	Dietary Fiber	3.44	g	Vitamin C	20.3	mg	Ash <sup>1</sup>	*1.84*	g	72.63%	Calories from Carbohydrates
												15.64%	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.