



825130 - Sweetpotato Wedges w/Lime Dip

Source: K12 Culinary

Number of Portions: 32

Size of Portion: 1/2 cup

Alternate Recipe Name: Sweetpotatoes w/Dip

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
825051R Lime Yogurt Dip.....	1 qt	CCP: No bare hand contact with ready to eat food. Prepare the school made Lime Yogurt Dip according to recipe # 825051. Use a 1 oz spoodle or 1/8 cup measure to scoop 1 fl oz (2 tablespoons) of dip into each small portion cup. CCP: Hold at 41° F or lower.
		Preheat oven to 400° F. Line sheet pan with parchment paper and lightly spray with food release. For 32 servings use 2 sheet pans.
011508 SWEET POTATO,CKD,BKD IN SKN,FLESH,WO/ SA...	7 lbs + 4 OZS (fresh)	Rinse sweetpotatoes under running water and scrub clean with a vegetable brush. Cut each sweetpotato in half lengthwise. Then cut each half lengthwise into 4 even wedges.
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	In a large small mixing bowl, combine the olive oil blend, black pepper, salt, and cinnamon. Add the cut sweetpotatoes to the mixing bowl with the oil mixture and toss to coat evenly.
		Place seasoned sweetpotato 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 approximately 25-35 minutes, or until the sweetpotatoes are browned, blistered and tender. CCP: Heat to 135° F or higher.
		Transfer sweetpotato wedges to 2-inch full-size pans for service. Serve ½ cup portions using a 4 oz spoodle. CCP: Hold and serve at 135° F or above. Serve each portion with 1 fl oz of Lime Yogurt Dip.

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

Calories	127 kcal	Cholesterol	1 mg	Sugars	*8.0* g	Calcium	72.19 mg	14.46%	Calories from Total Fat
Total Fat	2.04 g	Sodium	120 mg	Protein	4.98 g	Iron	0.79 mg	1.52%	Calories from Saturated Fat
Saturated Fat	0.21 g	Carbohydrates	22.96 g	Vitamin A	19752.5 IU	Water ¹	*103.79* g	*0.01%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.45 g	Vitamin C	20.3 mg	Ash ¹	*1.80* g	72.45%	Calories from Carbohydrates
								15.71%	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.