



825076 - Crunchy Baked Sweet Potatoes

Source: K12 Culinary

Number of Portions: 48

Size of Portion: half potato

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
011508 SWEET POTATO,CKD,BKD IN SKN,WO/ SALT.....	24 each, 100 ct	Line full size sheet pans with parchment paper. Using a vegetable brush, scrub sweet potatoes under running water to remove debris. Using a chef's knife, cut sweet potatoes in half lengthwise. Place 24 halves (4 X 6) on each lined pan.
050456 OATS, ROLLED, UNENRICHED, QUICK, DRY, NO..... 019334 SUGARS,BROWN..... 050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F...	3 cups 2 CUPS (packed) 2/3 cup	Bake sweet potato halves at 350 degrees F for approximately 25 to 30 minutes or until easily pierced with a fork. While potatoes are cooking, combine oats, brown sugar, and vegetable oil to make a crumbly topping. CCP: Heat to 135° F or higher.
		Remove potatoes from the oven at the end of cooking. Using a no. 70 disher, top each sweet potato half with the crunchy topping. Use a gloved hand to pat down the topping. Return potatoes to the oven and bake for 5 minutes to brown the topping.
		Serve 1 sweet potato half using tongs. CCP: Hold for hot service at 135° F or higher

*Nutrients are based upon 1 Portion Size (half potato)

Calories	183 kcal	Cholesterol	0 mg	Sugars	*16.2* g	Calcium	53.32 mg	17.27%	Calories from Total Fat
Total Fat	3.51 g	Sodium	44 mg	Protein	3.10 g	Iron	1.06 mg	2.89%	Calories from Saturated Fat
Saturated Fat	0.59 g	Carbohydrates	35.50 g	Vitamin A	21792.8 IU	Water ¹	*86.06* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	4.24 g	Vitamin C	22.2 mg	Ash ¹	*1.57* g	77.56%	Calories from Carbohydrates
								6.77%	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.