000580 - SWEET POTATOES, HONEY ROASTED

Source: CHEF V
Number of Portions: 25
Size of Portion: 1/2 CUP

Components:		Recipe Subgroups:	Attributes:
Meat/Alt:		Vegetable, Red/Orange	
Grains:			
Fruit:			
Vegetable:	0.5 cup		
Milk:			

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011507 SWEET POTATO,RAW,UNPREP....	7 lbs + 10 ozs	**To Cook:** 1. Preheat oven to 375 F (convection) or 400 F (conventional). 2. Peel sweet potatoes, and dice into 1" cubes.
004053 OIL,OLIVE,SALAD OR COOKING.... 019296 HONEY... 002047 SALT,TABLE.................................... 002010 CINNAMON,GROUND......................	1/2 cup 1/2 cup 1/2 tsp 1 tsp	3. Whisk olive oil, honey, and salt together. 4. Toss diced sweet potatoes with oil mixture and toss to coat. 5. Place diced sweet potatoes in a single layer on lined sheet pan s. Do not overcrowd pans or potatoes will steam instead of roast! 6. Roast until fork tender for 40 to 45 minutes **To Serve:** 1. Serve 1/2 cup honey roasted sweet potatoes to each customer. **CCP:** Heat to 135° F or higher. **CCP:** Hold at 135° F or higher. **CCP:** Hold for hot service at 135° F or higher

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

Calories	178 kcal	Cholesterol	0 mg	Protein	2.20 g	Calcium	43.02 mg	22.19%	Calories from Total Fat
Total Fat	4.39 g	Sodium	124 mg	Vitamin A	2775.2 RE	Iron	0.91 mg	3.14%	Calories from Saturated Fat
Saturated Fat	0.62 g	Carbohydrates	33.51 g	Vitamin A	19627.4 IU	Water[1]	108.08 g	*0.00%*	Calories from Trans Fat
Trans Fat[1]	*0.00* g	Dietary Fiber	4.22 g	Vitamin C	3.4 mg	Ash[1]	1.51 g	75.28%	Calories from Carbohydrates
								4.94%	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

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