

# Sweet Potatoes



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10776
School:	Central Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SWT CUT 40-55CT L/S	1/2 Cup	Heat and serve.	118605
SPICE CINNAMON GRND	0 Teaspoon	Pinch	224723
SPICE NUTMEG GRND	0 Teaspoon	Pinch	224944
MARSHMALLOW MINI	1/8 Cup	Ready to use	191736

## Preparation Instructions

Heat and serve.

Mix sweet potatoes, cinnamon, and nutmeg together. Top with marshmallows and bake.

CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>		108.96	
<b>Fat</b>		0.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		55.15mg	
<b>Carbohydrates</b>		26.30g	
<b>Fiber</b>		2.99g	
<b>Sugar</b>		10.01g	
<b>Protein</b>		1.69g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	28.75mg	<b>Iron</b>	0.75mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available