

# Orange Glazed Sweet Potatoes



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11729
School:	Certification High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD	1 Pint		733061
GINGER CHPD IN OIL	1 Cup		464310
JUICE ORNG CONC 3+1	1 Quart		119997
SUGAR BROWN LT	1 Quart 1 Pint (6 Cup)		860311
SPICE CINNAMON GRND	1 Fluid Ounce 5/8 Tablespoon (2 5/8 Tablespoon)		224723
SPICE NUTMEG GRND	1 Fluid Ounce 5/8 Tablespoon (2 5/8 Tablespoon)		224944
SALT IODIZED	1 1/4 Tablespoon		108286
FLAVORING VANILLA IMIT	1 Ounce		110736
POTATO SWT DCD 3/4IN	16 1/2 Pound		869351
STARCH CORN	1/4 Cup		108413
Tap Water for Recipes	1 1/4 Quart	UNPREPARED	000001WTR
CRANBERRY DRIED SWTND	1 Quart		350882

## Preparation Instructions

#### Directions:

In a large stock pot, add margarine, ginger, orange juice concentrate, brown sugar, cinnamon, nutmeg, salt, vanilla, and water. Bring to a boil for 2-3 minutes. Remove from heat and set aside for step 2.

Combine 1 cup (about 9 2/3 oz) ginger mixture and sweet potatoes in a large bowl. Spread evenly. Recommended to cook in batches of 25. Set remaining ginger mixture aside for step 6.

Place 2 qt (about 4 lb 2 oz) sweet potatoes on a steam table pan (12" x 20" x 2 1/2"). Cover tightly.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

#### Bake:

Conventional oven: 375 °F for 20-25 minutes. Convection oven: 350 °F for 15-20 minutes.

Critical Control Point: Heat to 135 °F or higher.

While sweet potatoes are baking, pour remaining ginger mixture into a large stock pot. Heat uncovered over medium-high heat. Bring to a boil.

Add cornstarch and water. Simmer for 1 minute or until mixture thickens. Stir well.

Add cranberries. Simmer uncovered for 1 minute. Stir well. Set aside for step 9.

After removing sweet potatoes from oven, pour 2 cups (about 1 lb 2 oz) glaze over each pan.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with No. 12 scoop (1/3 cup).

#### Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/3 cup (No. 12 scoop) provides 3/8 cup red/orange vegetable and 1/8 cup fruit.

5: CACFP Crediting Information: 1/3 cup (No. 12 scoop) provides 3/8 cup vegetable and 1/8 cup fruit.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.125
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.375
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	146.70
<b>Fat</b>	3.76g
<b>SaturatedFat</b>	1.53g
<b>Trans Fat*</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	143.27mg
<b>Carbohydrates</b>	28.65g
<b>Fiber</b>	1.71g
<b>Sugar</b>	19.83g
<b>Protein</b>	0.82g
<b>Vitamin A</b>	7374.75IU
<b>Vitamin C</b>	10.40mg
<b>Calcium</b>	14.32mg
<b>Iron</b>	0.28mg

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

## Nutrition - Per 100g

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No 100g Conversion Available

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