

# Sweet Potatoes

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10776
<b>School:</b>	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 Cup	Pinch	224723
SPICE NUTMEG GRND	0 Cup	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

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.370
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	139.40
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	72.91mg
<b>Carbohydrates</b>	33.66g
<b>Fiber</b>	4.00g
<b>Total Sugar</b>	12.30g
<b>Added Sugar</b>	7.30g
<b>Protein</b>	2.19g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 38.39mg	<b>Iron</b> 1.00mg

## Nutrition - Per 100g

No 100g Conversion Available