

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 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

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.370 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

No 100g Conversion Available