

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