

Roasted Sweet Potatoes



Vegetable					Vegetables
Ingredients	50 servings		100 servings		Directions
	Weight	Measure	Weight	Measure	
Sweet potato, raw, unprepared	20 lbs 10 oz	41 cups	42 lbs 4 oz	82 cups	1. Preheat the oven. Conventional to 425° F. Convection to 400° F. 2. If using fresh sweet potatoes, cut lengthwise in half and then into 3/4-inch-thick wedges. CCP: Heat to 135° F or higher.
OR Sweet potato, frozen, random cut chunks	OR 12 lb 8 oz	OR 30 cups	OR 25 lbs	OR 60 cups	
Vegetable oil		3/4 cup		1 ½ cups	3. Place oil in large shallow baking pans. Heat in the preheated oven for 2 minutes.
Black pepper		1 Tbsp		2 Tbsp	4. Add potatoes to baking pans, tossing to coat, then sprinkle with pepper.
					5. Roast in the middle of the oven for 10 minutes. Gently flip with a metal spatula. Roast for 10 minutes more or until tender. (Total time of 20 to 25 minutes) A convection oven may lower the roasting time (around 15 to 18 mins).
					CCP: Hold at 135° F or higher. Portion with #8 scoop for ½ cup.

SERVING:	YIELD:	VOLUME:
½ cup (No. 8 scoop) provides ½ cup of red-orange vegetable	50 Servings:	25 cups sliced, cooked potatoes
	100 servings:	50 cups sliced, cooked potatoes
		50 servings: 4 sheet pans
		100 servings: 8 sheet pans

Nutrients Per Serving			
Calories	190	Saturated Fat	0.52 g
Protein	2.95 g	Cholesterol	0 g
Carbohydrates	37.73 g	Vitamin A	26545 IU
Total Fat	3.36 g	Vitamin C	4.49 mg
		Iron	1.15 mg
		Calcium	56.74 mg
		Sodium	102.94 mg
		Dietary Fiber	5.65 g