

# Sweet Potato Fries

Vegetable

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Sweet potatoes	22 lb (AP)				<ol style="list-style-type: none"> <li>1. Wash sweet potatoes.</li> <li>2. Place whole potatoes in steam table pan and steam approximately 4 minutes.</li> <li>3. Cool and peel.</li> <li>4. Slice lengthwise into ¼ inch strips.</li> <li>5. Place strips single layer on 18 x 26 x 1” baking trays that have been lightly sprayed.</li> <li>6. Spray tops of potatoes lightly.</li> <li>7. Sprinkle cinnamon over tops of potatoes.</li> <li>8. Bake in 425°F oven for approximately 20 minutes.</li> </ol>
Cooking spray	As needed				
Ground cinnamon		1 cup			

Serving Size	1 Serving Provides	Yield
½ cup	½ c of vegetables.	100 servings

## Nutrients Per Serving

Calories	75	Vitamin A	15490 IU	Iron	0.71 mg
Protein	1.4 g	Vitamin C	12.6 mg	Calcium	27 mg
Carbohydrate	17 g	Dietary Fiber	2.5 g	Cholesterol	0 mg
Fat	<1 g	% Fat	2 %	Sodium	27 mg
Saturated Fat	0 g	% Saturated Fat	0 %		