

Winneshiek County Extension

Recipe: 000070 Sweet Potato Fries - Decorah

Recipe HACCP Process: #2 Same Day Service

Recipe Source:
Recipe Group: iowa

Alternate Recipe Name:
Number of Portions: 100
Size of Portion: 1/2 cup

011507 SWEET POTATO,RAW,UNPREP..... 004698 OIL,INDUSTRIAL,CANOLA,HI OLEIC... 002020 GARLIC POWDER..... 002026 ONION POWDER..... 002009 CHILI POWDER..... 002029 PARSLEY,DRIED..... 002028 PAPRIKA..... 002030 PEPPER,BLACK..... 002031 PEPPER,RED OR CAYENNE.....	31 LB 1 CUP 4 TBSP 4 TBSP 4 TBSP 4 TBSP 1 TBSP 2 TSP, ground 1 TSP	Wash sweet potatoes. Wedge sweet potatoes and toss in a little canola oil (peeling optional). Sunkist sectionizer or other vegetable wedger works well. Bake for 350 degrees for 40 minutes on a sheet pan. Fill a food safe spray bottle with white vinegar and spraked the cooked wedges liberally with the vinegar. Sprink the wedges with the seasoning and serve.
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*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	145 kcal	Cholesterol	0.00 mg	Protein	2.37 g	Calcium	45.61 mg	14.78%	Calories from Total Fat
Total Fat	2.38 g	Sodium	83.02 mg	Vitamin A	2837.51 RE	Iron	0.98 mg	1.18%	Calories from Saturated Fat
Saturated Fat	0.19 g	Carbohydrates	29.05 g	Vitamin A	20080.54 IU	Water ¹	108.76 g	*0.13%*	Calories from Trans Fat
Trans Fat ¹	*0.02* g	Dietary Fiber	4.46 g	Vitamin C	3.54 mg	Ash ¹	1.47 g	80.30%	Calories from Carbohydrates
								6.56%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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<u>Miscellaneous</u>		<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt.....	oz				? - Milk
Grain.....	oz				? - Egg
Fruit.....	cup				? - Peanut
Vegetable.....	0.500 cup				? - Tree Nut
Milk.....	cup				? - Fish
<u>Moisture & Fat Change</u>					
Moisture Change.	0%				? - Shellfish
Fat Change.....	0%				? - Soy
Type of Fat.....					? - Wheat

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	011507	SWEET POTATO,RAW,UNPREP			
I	004698	OIL,INDUSTRIAL,CANOLA,HI OLEIC			
I	002020	GARLIC POWDER			
I	002026	ONION POWDER			
I	002009	CHILI POWDER			
I	002029	PARSLEY,DRIED			
I	002028	PAPRIKA			
I	002030	PEPPER,BLACK			
I	002031	PEPPER,RED OR CAYENNE			

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