

# 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 <sup>1</sup>	108.76 g	*0.13%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.02* g	Dietary Fiber	4.46 g	Vitamin C	3.54 mg	Ash <sup>1</sup>	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  
<sup>1</sup> - 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
<b><u>Moisture &amp; Fat Change</u></b>					
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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