

Baked Sweet Potatoes and Apples

Vegetable/Fruit

Vegetables

I-08

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned cut sweet potatoes, in light syrup drained	1 lb 14 ½ oz	1 qt ¼ cup (½ No. 10 can)	3 lb 13 oz	2 qt ½ cup (1 No. 10 can)	1. Place 1 lb 14 ½ (1 qt ¼ cup) sweet potatoes into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Canned unsweetened sliced apples, solid pack, drained	1 lb 13 ½ oz	1 qt (⅓ No. 10 can)	3 lb 11 oz	2 qt (⅔ No. 10 can)	
Brown sugar, packed	2 ⅞ oz	¼ cup 2 Tbsp	5 ¾ oz	¾ cup	3. Combine brown sugar, cinnamon, and nutmeg (optional).
Ground cinnamon		½ tsp		1 tsp	
Ground nutmeg (optional)		½ tsp		1 tsp	4. Sprinkle 3 Tbsp sugar mixture over the apples in each pan.
Margarine or butter		2 Tbsp 2 tsp		⅓ cup	
Water		¼ cup 2 Tbsp		¾ cup	5. Dot each pan with 2 Tbsp 2 tsp margarine or butter. 6. Add ¼ cup 2 Tbsp water per pan.
					7. Bake: Conventional oven: 350° F for 25-30 minutes Convection oven: 300° F for 15-20 minutes CCP: Heat to 135° F or higher for at least 15 seconds.
					8. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (1/4 cup).

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of vegetable and fruit.	25 Servings: 1 pan 50 Servings: 2 pans	25 Servings: 1 quart 2 ¼ cups 50 Servings: 3 quarts ½ cup

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Nutrients Per Serving					
Calories	79	Saturated Fat	0.29 g	Iron	0.39 mg
Protein	0.57 g	Cholesterol	0 mg	Calcium	11 mg
Carbohydrate	16.56 g	Vitamin A	2639 IU	Sodium	30 mg
Total Fat	1.44 g	Vitamin C	3.5 mg	Dietary Fiber	1.9 g