

Baked Sweet Potatoes and Apples

Vegetable/Fruit

Vegetables

I-07

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned cut sweet potatoes, drained	3 lb 13 oz	2 qt ½ cup (1 No. 10 can)	7 lb 10 oz	1 gal 1 cup (2 No. 10 cans)	<ol style="list-style-type: none"> 1. Place 3 lb 13 oz (2 qt ¾ cup) sweet potatoes into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans. 2. Place 3 lb 11 oz (2 qt ½ cup) apples over sweet potatoes in each pan. 3. Combine brown sugar, cinnamon, and nutmeg (optional). 4. Sprinkle ¼ cup sugar mixture over apples in each pan. 5. Dot each pan with ½ cup margarine or butter, and sprinkle remaining sugar. 6. Add ¾ cup water to each pan. 7. Bake: Conventional oven: 350° F for 25-30 minutes Convection oven: 300° F for 15-20 minutes CCP: Heat to 140° F or higher. 8. CCP: Hold for hot service at 135° F or higher. <p>Portion with No. 16 scoop (¼ cup).</p>
Canned unsweetened sliced apples solid packed, drained	3 lb 11 oz	2 qt (¾ No. 10 can)	7 lb 6 oz	1 gal (1 ½ No. 10 cans)	
Brown sugar, packed	5 ¾ oz	¾ cup	11 ½ oz	1 ½ cups	
Ground cinnamon		1 tsp		2 tsp	
Ground nutmeg (optional)		1 tsp		2 tsp	
Margarine or butter	2 ½ oz	⅓ cup	5 oz	⅓ cup	
Water		¾ cup		1 ½ cups	

SERVING:

¼ cup (No. 16 scoop) provides ¼ cup of vegetable and fruit.

YIELD:

50 Servings: about 7 lb 15 oz

100 Servings: about 15 lb 14 oz

VOLUME:

50 Servings: about 3 quarts ½ cup
1 steamtable pan

100 Servings: about 1 gallon 2 ¼ quarts
2 steamtable pans

Tested 2004

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Nutrients Per Serving

Calories	78	Saturated Fat	0.28 g	Iron	0.39 mg
Protein	0.56 g	Cholesterol	0 mg	Calcium	11 mg
Carbohydrate	16.56 g	Vitamin A	2637 IU	Sodium	29 mg
Total Fat	1.38 g	Vitamin C	3.5 mg	Dietary Fiber	1.9 g