

Cooking for Kids

Recipe Sizing Report

| 000530 - Roasted Sweet Potato CACFP : | Components | Attributes | Allergens Present | Allergens Absent | Allergens Unidentified |
|--|---|------------|-------------------|------------------|--|
| HACCP Process: #3 Complex Food Preparation Number of Portions: 25 Size of Portion: 1/2 CUP | Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk: | | | | ? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat |

| Ingredients | Measures | Instructions |
|---|---|---|
| 011507 SWEET POTATO,RAW,UNPREP..... | 26 1/4 sweetpotato, 5" long | 1. Preheat oven to 350° F. 2. Peel sweet potatoes and dice them into large cubes. |
| 799986 SALT, KOSHER..... 002009 CHILI POWDER..... 901530 SUGARS,BROWN,LIGHT..... 019296 HONEY..... 004058 OIL,SESAME,SALAD OR COOKING.... 050385 OIL, VEGETABLE..... | 3/4 tsp 1 1/2 Tbsp 2 TBSP (packed) 1/4 cup 1 Tbsp 1 Tbsp | 3. In a large mixing bowl, add salt, chili powder, brown sugar, honey, and oils and mix until the potatoes are covered with seasoning and oil. 4. Spread the potatoes in an even layer on a sheet tray, or 18 x 13 inch tray, lined with parchment. 5. Roast the potatoes for 30-45 minutes until they are tender but not mushy. Keep in oven on warm setting until ready to serve. |

*Nutrients are based upon 1 Portion Size (1/2 CUP)

| | | | | | | | | | |
|------------------------|----------|---------------|---------|-----------|------------|--------------------|------------|---------|-----------------------------|
| Calories | 142 kcal | Cholesterol | 0 mg | Sugars | *8.5* g | Calcium | 43.54 mg | 7.74% | Calories from Total Fat |
| Total Fat | 1.23 g | Sodium | 136 mg | Protein | 2.21 g | Iron | 0.94 mg | 1.22% | Calories from Saturated Fat |
| Saturated Fat | 0.19 g | Carbohydrates | 31.49 g | Vitamin A | 19449.4 IU | Water ¹ | *105.81* g | *0.00%* | Calories from Trans Fat |
| Trans Fat ² | *0.00* g | Dietary Fiber | 4.26 g | Vitamin C | 3.3 mg | Ash ¹ | *1.42* g | 88.41% | Calories from Carbohydrates |
| | | | | | | | | 6.21% | 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

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.