

# Candied Sweet Potato - CACFP



## GENERAL INFORMATION

<b>Recipe #</b> 1687781	<b>Category</b> Vegetables	<b>Source</b> Local
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## INGREDIENTS

Name	Quantity	+	Quantity 2
<b>Sweet potato, raw, unprepared (Includes foods for USDA's Food Distribution Program)</b>	1 lbs., 5 1/8 oz.		
<b>Honey</b>	1 tbsp.		
<b>Sugars, brown</b>	1 1/2 tsp. packed		
<b>Vegetable oil, palm kernel</b>	1 tbsp.		
<b>Salt, table</b>	1/4 tsp.		

## PREPARATION INSTRUCTIONS

**HACCP Process:** #3 - Complex Food Preparation

1. Preheat oven to 375° F. Wash sweet potatoes. Cut the sweet potato into large dice pieces.
2. In a large mixing bowl, mix honey, brown sugar, oil and salt. Place potatoes in a large bowl and add the mixture to it tossing to combine.
3. Place parchment paper on 2- half pans or 3- 9x13 inch pans, and spread potatoes out in an even layer on the paper.
4. Roast the potatoes for 30-45 minutes until they are tender but not mushy. Keep warm until ready to serve.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Vegetables can be steamed from fresh, frozen or canned product. Wash, peel and cut up product into desired size pieces, if needed.

Place product in a clean perforated pan.

Vegetables can be steamed in an oven, steam kettle or steamer. To steam in an oven, place perforated pan in a 4" deep pan that contains at least 2 cups of water. Cover tightly with foil. To steam in a steamer, follow instructions for your particulate steamer. Do not add water to vegetables. To steam in a steam jacketed kettle, follow manufacturer instructions.

CCP: Heat to 135° F or higher for at least 15 seconds

Remove product from steamer, kettle or oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Product should be served immediately. Ensure that hot food is held at a temperature above 135° F.

**CORRECTIVE ACTION HOT FOOD** All cooked food items being held for service that drop below 135 degrees must be removed from service until such time as they are reheated to 135 degrees. Any food not eaten after reheating must be discarded.

CCP: The quality of vegetables deteriorates quickly after cooking. Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Record time and internal temperature of completed recipe on daily log.



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<b>Serving Size</b>	<b>Yield</b>
0.5 Cup	6

## Nutrition Facts

**Serving Size 0.5 Cup (107 gm)**

Amount Per Serving	
<b>Calories</b>	<b>119.062</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.226 gm	<b>3.424 %</b>
<b>Saturated Fat</b> 1.791 gm	<b>8.957 %</b>
<b>Trans Fat</b> 0.000* gm	
<b>Cholesterol</b> 0.000 mg	
<b>Sodium</b> 148.347 mg	<b>6.181 %</b>
<b>Total Carbohydrate</b> 23.950 gm	<b>7.983 %</b>
<b>Dietary Fiber</b> 3.000 gm	<b>12.002 %</b>
<b>Total Sugars</b> 8.022 gm	
<b>Includes N/A* of Added Sugars</b>	
<b>Protein</b> 1.578 gm	<b>3.156 %</b>
Vitamin A 14,157.253 iu	<b>283.145 %</b>
Vitamin C 2.412 mg	<b>4.02 %</b>
Vitamin D 0.000 mcg	
Calcium 31.111 mg	<b>3.111 %</b>
Iron 0.632 mg	<b>3.509 %</b>
Potassium 339.538 mg	<b>7.224 %</b>
<b>Saturated Fat % of Calories</b>	<b>13.541 %</b>

\* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

## Meal Components

Component	Measurement
Red/Orange	0.5 cups

**MY SCHOOL MENUS**

**IN USE AS A SUB RECIPE**

**MENUS USING THIS RECIPE**

**DATES**

**Last Updated**  
01-22-2025

**Created**  
10-02-2024