

Roasted Sweet Potatoes - CACFP



General Information

Recipe #	Category	Source
1752878	Vegetables 	Local

Ingredients

Name	Quantity	+	Quantity 2
Sweet potato, raw, unprepared (Includes foods for USDA's Food Distribution Program)	5 lbs., 8 oz.		
Salt, table	¾ tsp.		
Spices, chili powder	1 tbsp., 1 ½ tsp.		
Sugars, brown	2 tbsp. packed		
Honey	¼ c.		
Oil, sesame, salad or cooking	1 tbsp.		
Vegetable oil, palm kernel	1 tbsp.		

Preparation Instructions

HACCP Process: #2 - Same Day Service

1. Preheat oven to 400° F.
2. Peel sweet potatoes and dice them into large cubes.
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 2 sheets trays, 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.

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.



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Serving Size	Yield
0.5 Cup	25.00

Nutrition Facts

Serving Size 0.5 Cup (106 gm)		
Amount Per Serving		
Calories		111.174
% Daily Value*		
Total Fat	1.207 gm	1.857%
Saturated Fat	0.551 gm	2.753%
Trans Fat	0.000* gm	
Cholesterol	0.000 mg	
Sodium	139.026 mg	5.793%
Total Carbohydrate	24.192 gm	8.064%
Dietary Fiber	3.170 gm	12.678%
Total Sugars	8.057 gm	
Includes 3.851 gm of Added Sugars		
Protein	1.644 gm	3.287%
Vitamin A, RAE	714.721 mcg	79.413%
Vitamin C	2.415 mg	4.026%
Vitamin D	0.000 mcg	
Calcium	32.700 mg	3.27%
Iron	0.715 mg	3.975%
Potassium	349.011 mg	7.426%
Saturated Fat % of Calories		4.457 %

* 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 the daily diet. 2,000 calories a day is used for general nutrition advice.

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.

Dates

Last Updated	Created
02-20-2025	02-20-2025

Meal Components

Component	Measurement
Red/Orange	0.5 cups

Added Sugar Limitations ⓘ

Not applicable.

Edit Recipe