

Baked Sweet Potatoes and Apples

Vegetable-Fruit

Vegetables

I-08

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned sweet potatoes (cut), drained	1 lb 11 oz	1 qt 1/2 cup	3 lb 6 oz	2 qt 1 cup	1. For 25 servings, place 1 lb 11 oz (1 qt 1/2 cup) sweet potatoes in a lightly greased half-steamtable pan (12" x 10" x 2 1/2"). For 50 servings, place 3 lb 6 oz (2 qt 1 cup) sweet potatoes in a lightly greased steamtable pan (12" x 20" x 2 1/2").
Canned apples (unsweetened, sliced), with juice	1 lb 3 oz	2 1/4 cups 2 Tbsp	2 lb 6 oz	1 qt 3/4 cup	
Brown sugar, packed		1/4 cup 2 Tbsp	5 1/2 oz	3/4 cup	2. For 25 servings, place 1 lb 3 oz (2 1/4 cups 2 Tbsp) apples over the sweet potatoes. For 50 servings, place 2 lb 6 oz (1 qt 3/4 cup) apples over the sweet potatoes. 3. Combine brown sugar, cinnamon, and nutmeg (optional).
Ground cinnamon		1/2 tsp		1 tsp	
Ground nutmeg (optional)		1/2 tsp		1 tsp	4. Sprinkle 1/4 cup 2 Tbsp sugar mixture over the apples for 25 servings. Sprinkle 3/4 cup sugar mixture over the apples for 50 servings.
Butter or margarine		2 Tbsp 2 tsp		1/3 cup	
Water		1/4 cup 2 Tbsp		3/4 cup	5. For 25 servings, dot mixture in pan with 2 Tbsp 2 tsp butter or margarine. For 50 servings, dot mixture in pan with 1/3 cup butter or margarine.
					6. For 25 servings, add 1/4 cup 2 Tbsp water to pan. For 50 servings, add 3/4 cup water to pan.
					7. To Bake: Conventional Oven: 350 degrees F, 25 to 30 minutes Convection Oven: 300 degrees F, 15 to 20 minutes CCP Heat to 140 degrees F or higher.
					8. CCP Hold for hot service at 140 degrees F or higher. Portion 1/4 cup per serving.

SERVING:	YIELD:	VOLUME:
1/4 cup provides 1/4 cup of vegetable and fruit	25 Servings: 1 half-steamtable pan	25 Servings:
	50 Servings: 1 steamtable pan	50 Servings:

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Nutrients Per Serving

Calories	66	Saturated Fat	.8 g	Iron	.4 mg
Protein	1 g	Cholesterol	3 mg	Calcium	10 mg
Carbohydrate	14 g	Vitamin A	227 RE/2200 IU	Sodium	26 mg
Total Fat	1.4 g	Vitamin C	3 mg	Dietary Fiber	1 g