

Orange-Glazed Sweet Potatoes

Vegetable

Vegetables

I-12

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned sweet potatoes (cut), with light syrup	4 lb 3 1/2 oz	1 qt 3 1/2 cups	8 lb 7 oz	3 qt 3 cups	<p>1. Drain sweet potatoes, reserving liquid. For 25 servings, reserve 1/2 cup liquid. For 50 servings, reserve 1 cup liquid. Set liquid aside for step 3.</p> <p>2. For 25 servings, place 2 lb 12 1/2 oz (1 qt 3 cups) sweet potatoes into a half-steamtable pan (12" x 10" x 2 1/2"). For 50 servings, place 5 lb 9 oz (3 qt 2 cups) sweet potatoes into a steamtable pan (12" x 20" x 2 1/2").</p>
Butter or margarine		1/4 cup	4 oz	1/2 cup	
Brown sugar, packed		1/4 cup 2 Tbsp	5 1/4 oz	1/2 cup 3 Tbsp	<p>3. For glaze: Combine butter or margarine, brown sugar, undiluted orange juice concentrate, sweet potato liquid, nutmeg (optional), and cinnamon. Stir to blend.</p> <p>4. Bring to a boil. Remove from heat. Add raisins (optional).</p> <p>5. For 25 servings, pour over the sweet potatoes: 1 1/4 cups 2 Tbsp glaze. For 50 servings, pour over the sweet potatoes: 2 3/4 cups glaze.</p> <p>CCP Heat to 140 degrees F or higher.</p> <p>To Bake: Conventional Oven: 375 degrees F, 20 to 30 minutes Convection Oven: 325 degrees F, 15 to 20 minutes</p> <p>6. CCP Hold for hot service at 140 degrees F or higher.</p> <p>Portion 1/4 cup per serving.</p>
Undiluted, frozen orange juice concentrate		1/4 cup 2 Tbsp	7 oz	3/4 cup	
Ground nutmeg (optional)		1/2 tsp		1 tsp	
Ground cinnamon		1/2 tsp		1 tsp	
Raisins (optional)		1/2 cup	5 oz	1 cup	

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

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Nutrients Per Serving

Calories	89	Saturated Fat	1.2 g	Iron	.6 mg
Protein	1 g	Cholesterol	5 mg	Calcium	14 mg
Carbohydrate	17 g	Vitamin A	380 RE/3696 IU	Sodium	40 mg
Total Fat	2.0 g	Vitamin C	10 mg	Dietary Fiber	2 g