

East Baton Rouge Parish School District

Child Nutrition Program
3000 N. Sherwood Forest Drive
Baton Rouge, Louisiana 70814

Recipe Listing

(F2S53) - SWEET POTATOES, WHOLE BAKED .50 & 1 CUP SERVING				
Category	FRUIT/VEGETABLE/JUICE			
Source	EBRPSS MENUS			
Yield	100 PORTIONS	1/2 CUP	EACH PORTION: 1/2 cup	
	50 PORTIONS	1CUP	EACH PORTION: 1 cup	
Pan Size	Pan Count:			Temperature: °F
Percent Total Gram Weight	Ingredients	Total Grams	Measures	Method
96.37 1.65 1.98	WHOLE SWEET POTATOES CINNAMON, PURE SUGAR, LIGHT BROWN	13789.440 235.600 283.500	30 lb + 6.4 oz 1 cup 0 lb + 10 oz	<p>SCRUB POTATOES WELL. PLACE WHOLE POTATOES ON PARCHMENT LINED BAKING SHEET. COVER PAN WITH FOIL AND BAKE UNTIL POTATOES ARE SOFT.</p> <p>BAKE: CONVENTIONAL OVEN: 375 DEGREES FOR 2 1/2 HOURS OR UNTIL POTATOES ARE SOFT. CONVECTION OVEN: 325 DEGREES FOR 2 HOURS OR UNTIL POTATOES ARE SOFT.</p> <p>CUT POTATOES LENGTHWISE, ALONG THE CENTER OF THE POTATO AND SPRINKLE WITH CINNAMON AND BROWN SUGAR. DO NOT ADD MARGARINE</p> <p>*****EACH STUDENT WILL GET A WHOLE POTATO UNLESS THEY ARE TOO LARGE. IF THEY ARE TOO LARGE CUT IN HALF TO PROVIDE A 1/2 CUP SERVING. FOR A 1 CUP SERVING OFFER A LARGE WHOLE SWEET POTATO OR 2 SMALL SWEET POTATOES TO PROVIDE A 1CUP SERVING.</p> <p>HOT HOLDING: All fully cooked foods being held for service will be maintained at or above a temperature of 140 degrees</p> <p>CORRECTIVE ACTION HOT FOODS: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded</p>
100				

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Nutrition Facts:

Nutrition per 100g

Calories: 28.844	Total Carbohydrates: 7.057 g	Cholesterol: 0 mg	Vitamin A (IU): 807.637 IU
Total Fat: 0.213 g	Sugars: 4.55 g	Iron: 0.397 mg	Vitamin C: 13.266 mg
Saturated Fat: 0.033 g	Dietary Fiber: 2.031 g	Sodium: 4.983 mg	Moisture: 91.265 g
Trans Fat: 0.000g *	Protein: 0.914 g	Calcium: 26.136 mg	Ash: 0.541 g

LEGEND: **blank** - indicates missing a value, **0** - indicates no nutrients, * indicates incomplete nutrient data

Nutrition per serving: 1/2 CUP, 1/2 cup (143 g)

Calories: 41.272	Total Carbohydrates: 10.098 g	Cholesterol: 0 mg	Vitamin A (IU): 1155.611 IU
Total Fat: 0.305 g	Sugars: 4.55 g	Iron: 0.568 mg	Vitamin C: 18.981 mg
Saturated Fat: 0.047 g	Dietary Fiber: 2.906 g	Sodium: 7.130 mg	Moisture: 130.587 g
Trans Fat: 0.000g *	Protein: 1.307 g	Calcium: 37.397 mg	Ash: 0.774 g

LEGEND: **blank** - indicates missing a value, **0** - indicates no nutrients, * indicates incomplete nutrient data

Nutrition per serving: 1CUP, 1 cup (286 g)

Calories: 82.543	Total Carbohydrates: 20.196 g	Cholesterol: 0 mg	Vitamin A (IU): 2311.221 IU
Total Fat: 0.610 g	Sugars: 4.55 g	Iron: 1.137 mg	Vitamin C: 37.962 mg
Saturated Fat: 0.093 g	Dietary Fiber: 5.812 g	Sodium: 14.261 mg	Moisture: 261.174 g
Trans Fat: 0.000g *	Protein: 2.615 g	Calcium: 74.793 mg	Ash: 1.549 g

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Percent Calories from

Fat	6.651%
Saturated Fat	1.019%
Protein	12.672%
Carbohydrates	97.867%

Production Notes

Serving Notes

Comments A Whole Sweet Potato provides 1/2 cup serving of RO vegetables. A Large Sweet Potato OR 2 small sweet potatoes provides 1 cup serving of RO vegetables.