

Baked Sweet Potatoes and Apples

Meal Components: Fruits, Vegetable - Red / Orange

Side Dishes, I-07

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned cut sweet potatoes, drained	3 lb 13 oz	2 qt 1/2 cup (1 No. 10 can)	7 lb 10 oz	1 gal 1 cup (2 No. 10 cans)	<ol style="list-style-type: none"> Place 3 lb 13 oz (2 qt ¾ cup) sweet potatoes into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans. Place 3 lb 11 oz (2 qt ½ cup) apples over sweet potatoes in each pan. Combine brown sugar, cinnamon, and nutmeg (optional). Sprinkle ¾ cup sugar mixture over apples in each pan. Dot each pan with ½ cup margarine, and sprinkle remaining sugar. Add ¾ cup water to each pan. Bake: Conventional oven: 350° F for 25-30 minutes. Convection oven: 300° F for 15-20
Canned unsweetened sliced apples solid packed, drained	3 lb 11 oz	2 qt (2/3 No. 10 can)	7 lb 6 oz	1 gal (1 1/3 No. 10 cans)	
Brown sugar, packed	5 ¾ oz	¾ cup	11 ½ oz	1 ½ cups	
Ground cinnamon		1 tsp		2 tsp	
Ground nutmeg (optional)		1 tsp		2 tsp	
Trans fat-free margarine	2 ½ oz	1/3 cup	5 oz	2/3 cup	
Water		¾ cup		1 ½ cups	

8. CCP: Hold for hot service at 135° F or higher.
Portion with No. 16 scoop (¼ cup).

Notes

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Serving

1/4 cup (No. 16 scoop) provides 1/8 cup of red/orange vegetable and 1/8 cup fruit.

Yield

50 Servings: about 7 lb 15 oz

100 Servings: about 15 lb 14 oz

Volume

50 Servings: about 3 quarts ½ cup;
1 steamtable pan

100 Servings: about 1 gallon 2 ¼
quarts; 2 steamtable pans