

Orange Glazed Sweet Potatoes

Vegetable

Vegetables

I-13

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned cut sweet potatoes, with light syrup	10 lb 2 oz	1 gal 1 ¾ qt (1 ½ No. 10 cans)	20 lb 4 oz	2 gal 3 ½ qt (3 No. 10 cans)	1. Drain sweet potatoes, reserving liquid. For 50 servings, reserve 1 cup liquid. For 100 servings, reserve 2 cups liquid. Set liquid aside for step 3.
					2. Place 5 lb 12 oz (3 qt ½ cup) sweet potatoes into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
Margarine or butter	4 oz	½ cup	8 oz	1 cup	3. For glaze: Combine margarine or butter, brown sugar, orange juice concentrate, sweet potato liquid, nutmeg (optional), and cinnamon. Stir to blend.
Brown sugar, packed	5 ¾ oz	¾ cup	11 ½ oz	1 ½ cups	
Frozen orange juice concentrate	7 oz	¾ cup	14 oz	1 ½ cups	
Ground nutmeg (optional)		1 tsp		2 tsp	
Ground cinnamon		1 tsp		2 tsp	
Raisins (optional)	5 oz	1 cup	10 oz	2 cups	4. Bring to boil. Remove from heat. Add raisins (optional).
					5. Pour 2 ¾ cups glaze over each pan of sweet potatoes. Bake: Conventional oven: 375° F for 20-30 minutes Convection oven: 325° F for 15-20 minutes CCP: Heat to 140° F or higher.
					6. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup).

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of vegetable.	50 Servings: about 14 lb 6 oz 1 steamtable pan	50 Servings: about 3 quarts ½ cup

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100 Servings: about 28 lb 12 oz
2 steamtable pans

100 Servings: about 1 gallons 2 ¼ quarts

Tested 2004

Nutrients Per Serving					
Calories	96	Saturated Fat	0.41 g	Iron	0.49 mg
Protein	0.85 g	Cholesterol	0 mg	Calcium	15 mg
Carbohydrate	19.05 g	Vitamin A	4280 IU	Sodium	46 mg
Total Fat	2.00 g	Vitamin C	11.1 mg	Dietary Fiber	1.7 g