

# Baked Sweet Potatoes and Apples

Vegetable/Fruit

Vegetables

I-08

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned cut sweet potatoes, in light syrup drained	1 lb 14 ½ oz	1 qt ¼ cup (½ No. 10 can)	3 lb 13 oz	2 qt ½ cup (1 No. 10 can)	<ol style="list-style-type: none"> <li>Place 1 lb 14 ½ (1 qt ¼ cup) sweet potatoes into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.</li> <li>Place 1 lb 13 ½ oz (1 qt) apples over sweet potatoes in each pan.</li> <li>Combine brown sugar, cinnamon, and nutmeg (optional).</li> <li>Sprinkle 3 Tbsp sugar mixture over the apples in each pan.</li> <li>Dot each pan with 2 Tbsp 2 tsp margarine or butter.</li> <li>Add ¼ cup 2 Tbsp water per pan.</li> <li>Bake: Conventional oven: 350° F for 25-30 minutes Convection oven: 300° F for 15-20 minutes</li> <li>CCP: Hold at 140° F or warmer.</li> </ol> <p>Portion with No. 16 scoop (1/4 cup).</p>
Canned unsweetened sliced apples, solid pack, drained	1 lb 13 ½ oz	1 qt (⅓ No. 10 can)	3 lb 11 oz	2 qt (⅔ No. 10 can)	
Brown sugar, packed	2 ⅞ oz	¼ cup 2 Tbsp	5 ¾ oz	¾ cup	
Ground cinnamon		½ tsp		1 tsp	
Ground nutmeg (optional)		½ tsp		1 tsp	
Margarine or butter		2 Tbsp 2 tsp		⅓ cup	
Water		¼ cup 2 Tbsp		¾ cup	

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of vegetable and fruit.	<b>25 Servings:</b> 1 pan <b>50 Servings:</b> 2 pans	<b>25 Servings:</b> 1 quart 2 ¼ cups <b>50 Servings:</b> 3 quarts ½ cup
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## Nutrients Per Serving

<b>Calories</b>	79	<b>Saturated Fat</b>	0.29 g	<b>Iron</b>	0.39 mg
<b>Protein</b>	0.57 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	11 mg
<b>Carbohydrate</b>	16.56 g	<b>Vitamin A</b>	2639 IU	<b>Sodium</b>	30 mg
<b>Total Fat</b>	1.44 g	<b>Vitamin C</b>	3.5 mg	<b>Dietary Fiber</b>	1.9 g