

POTATOES, SWEET (FRESH)

Yield 100

Portion 3 Pieces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
164 cal	38 g	3 g	0 g	0 mg	95 mg	38 mg

Ingredient

SWEET POTATOES,FRESH
 WATER
 SALT

Weight

34-1/2 lbs
 37-5/8 lbs
 5/8 oz

Measure

7 gal 1-3/8 qts
 4 gal 2 qts
 1 tbsp

Issue

Method

- 1 Cut sweet potatoes into 1 inch pieces.
- 2 Add salt to water. Bring water to a boil in steam-jacketed kettle or stock pot.
- 3 Add sweet potatoes; bring water back to a boil. Cover; cook 25 to 35 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 4 Place sweet potatoes in serving pans. Garnish as desired. CCP: Hold for service at 140 F. or higher.