

SWEET POTATOES SOUTHERN STYLE

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
156 cal	33 g	2 g	2 g	4 mg	223 mg	39 mg

Ingredient

MILK,NONFAT,DRY
 WATER,WARM
 SWEET POTATOES,CANNED,W/SYRUP
 SALT
 BUTTER,MELTED
 SUGAR,BROWN,PACKED
 CINNAMON,GROUND
 NUTMEG,GROUND
 COOKING SPRAY,NONSTICK

Weight

3-5/8 oz
 4-1/2 lbs
 31-1/8 lbs
 1-1/4 oz
 6 oz
 8-1/2 oz
 1/2 oz
 1/4 oz
 2 oz

Measure

1-1/2 cup
 2 qts 1/2 cup
 3 gal 3-1/2 qts
 2 tbsp
 3/4 cup
 1-5/8 cup
 2 tbsp
 1 tbsp
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Reconstitute milk in mixer bowl.
- 2 Add sweet potatoes; beat at low speed 2 minutes or until smooth.
- 3 Add salt, melted butter or margarine and brown sugar; blend at medium speed. If desired, add cinnamon and nutmeg.
- 4 Scrape bowl down; beat at medium speed 2 minutes.
- 5 Lightly spray each pan with non-stick cooking spray. Place 7-1/2 quarts potatoes in each sprayed pan; cover.
- 6 Using a convection oven, bake at 325 F. 30 minutes on high fan, closed vent or until heated thoroughly. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.