

Apple Glazed Sweet Potatoes

Makes: 50 or 100 servings

50 Servings 100 Servings

Ingredients	Weight	Measure	Weight	Measure
Sweet potatoes, fresh, whole	18 lb		36 lb	
100% apple juice, unsweetened		2 qt		1 gal
Nutmeg, ground		2 tsp		1 Tbsp
Cinnamon, ground		2 Tbsp		1/4 cup
Salt		2 Tbsp		1/8 cup
Butter, unsalted, cut into 1" pats	1/4 lb	1/2 cup	1/2 lb	1 cup

Directions

1. Preheat oven to 375° F.
2. Prick sweet potatoes with a fork and bake 45-60 minutes until tender.
3. Peel sweet potatoes (optional).
4. Slice potatoes lengthwise into wedges.
5. Place apple juice in steam kettle, tilt skillet or saute pan and reduce to 1/4 over medium high heat.
6. Add nutmeg, cinnamon and salt to apple glaze and stir in pats of butter. Reduce heat.
7. Add sweet potatoes to apple-spice glaze, continue to stir until well coated and heated through.
8. Keep warm in a 200 F oven until ready to serve.
9. Serve 4 wedges.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	150	
Total Fat	2 g	
Protein	2 g	
Carbohydrates	30 g	
Dietary Fiber	4 g	
Saturated Fat	1 g	
Sodium	190 mg	

Meal Components

Vegetables	1/2 cup
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