

# Orange Glazed Sweet Potatoes

Meal Components: Vegetable

I-12

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned cut sweet potatoes, in light syrup	5 lb 1 oz	2 qt 2 3/8 cups (3/4 No. 10 can)	10 lb 2 oz	1 gal 1 3/4 qt (1 1/2 No. 10 cans)	<ol style="list-style-type: none"> <li>1. Drain sweet potatoes, reserving liquid. For 25 servings, reserve ½ cup liquid. For 50 servings, reserve 1 cup liquid. Set liquid aside for step 3.</li> <li>2. Place 2 lb 14 oz (1 qt 2 ¼ cups) sweet potatoes into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.</li> <li>3. Glaze: Combine margarine or butter, brown sugar, orange juice concentrate, reserved sweet potato liquid, nutmeg (optional), and cinnamon. Stir to blend.</li> <li>4. Bring to a boil. Remove from heat. Add raisins</li> </ol>
Margarine or butter	2 oz	1/4 cup	4 oz	1/2 cup	
Brown sugar, packed	2 7/8 oz	1/4 cup 2 Tbsp	5 3/4 oz	3/4 cup	
Frozen orange juice concentrate	3 1/2 oz	1/4 cup 2 Tbsp	7 oz	3/4 cup	
Reserved sweet potato liquid		1/2 cup		1 cup	
Ground nutmeg (optional)		1/2 tsp		1 tsp	
Ground cinnamon		1/2 tsp		1 tsp	
Raisins (optional)	2 1/2 oz	1/2 cup	5 oz	1 cup	

5. Pour 1 ¼ cups 2 Tbsp 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 135° F or higher for at least 15 seconds.

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.	<b>25 Servings:</b> 7 lb 3 oz 1 pan	<b>25 Servings:</b> 1 quart 2 ¼ cups
	<b>50 Servings:</b> 14 lb 6 oz 2 pans	<b>50 Servings:</b> 3 quarts ½ cup

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	19.5 g	Vitamin A	4280 IU	Sodium	46 mg
Total Fat	2 g	Vitamin C	11.1 mg	Dietary Fiber	1.7 g