

Kettering City Schools

Recipe: 000238 Sweet Potato Souffle - MS/HS

Recipe HACCP Process: #2 Same Day Service

Recipe Source:
Recipe Group: VEGETABLES

Alternate Recipe Name: Sweet Potato Souffle

Number of Portions: 24
Size of Portion: 1/2 cup

011645 SWEET POTATO,CND,SYRUP PK,SOL & LIQUIDS... 019334 SUGARS,BROWN..... 001123 EGG,WHOLE,RAW,FRESH..... 001082 MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A..... 002047 SALT,TABLE..... 990091 Butter Buds..... 075012 WATER,HOT..... 002050 VANILLA EXTRACT..... 000078 MARSHMALLOWS.....	1 #10 CAN 2 CUP, packed 3/4 CUP 1 CUP 1 TSP 1 OZ 1 CUP 2 TSP 1/4 LB	1. Spray a 2" deep (12" x 20") steam table pan. 2. Drain the sweet potatoes. 3. Place sweet potatoes into a large bowl and mash with mixer. 4. Add sugar, eggs, milk, salt, butter buds, hot water & vanilla and mix well. 5. Pour into buttered steam table pans; approx. 3/4 gallon of sweet potato mixture per pan. One pan yields 24 1/2 cup servings.
		1. Bake at 350 degrees for 35-45 minutes uncovered or to 140 degrees. 2. Remove pan from oven and sprinkle 1/4 lb. of mini marshmallows over hot sweet potatoes. 3. Place pan in hot cart. Portion Size = 1/2 cup CCP: Hold at 135° F or higher.

Calories	220	Iron	1.30 mg	Protein	2.65 g	4.81%	Calories from Prot
Cholesterol	33 mg	Calcium	50.78 mg	Carbohydrates	50.26 g	91.27%	Calories from Carb
Sodium	221 mg	Vitamin A	9663.1 IU	Total Fat	1.11 g	4.53%	Calories from T Fat
Dietary Fiber	3.19 g	Vitamin A	750.2 RE	Saturated Fat	0.35 g	1.44%	Calories from S Fat
		Vitamin C	13.40 mg	Trans. Fat	0.00* g	%	Calories from Trans. Fat

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz.				? - Milk
Grain/Bread.....	srv.				? - Egg
F/V/J.....	cup				? - Peanut
Milk.....	fl. oz.				? - Tree Nut
					? - Fish
					? - Shellfish
					? - Soy
					? - Wheat
Moisture & Fat Change					
Moisture Change.	0%				
Fat Change.....	0%				
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	011645	SWEET POTATO,CND,SYRUP PK,SOL & LIQUI			
I	019334	SUGARS,BROWN			
I	001123	EGG,WHOLE,RAW,FRESH			
I	001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A			
I	002047	SALT, TABLE			
I	990091	Butter Buds			
I	075012	WATER,HOT			
I	002050	VANILLA EXTRACT			
I	000078	MARSHMALLOWS			

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