



Whipped Sweet Potatoes

Brighten your plate with the perfect side dish. This quick and easy-to-prepare sweet potato recipe will become a menu favorite.

CACFP CREDITING INFORMATION

¼ cup (No. 16 scoop) provides ¼ cup vegetable.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Sweet potatoes, fresh, peeled, cut into quarters	3 lb 10¼ oz	3 qt 1 cup	7 lb 4½ oz	1 gal 2 qt 2 cup	<p>1 Place sweet potatoes in a pot of water and bring to a boil. Cook until fork tender, 25–30 minutes. Drain well. Critical Control Point: Heat to 140°F or higher for at least 15 seconds.</p> <p>2 Place the potatoes in a commercial mixer with wire whip attachment; mix on low speed. Slowly add milk, margarine, salt, and pepper until potatoes are smooth and free of lumps OR add hot, well drained potatoes, milk, margarine, salt, and pepper to a bowl. Use an electric mixer, mix on medium speed until potatoes are smooth and fluffy.</p> <p>3 Serve ¼ cup (No. 16 scoop). Critical Control Point: Hold for hot service 140°F or higher.</p>
Milk, low-fat (1%)		¼ cup		½ cup	
Margarine, trans-fat free		¼ cup		½ cup	
Salt, table		1 tsp		2 tsp	
Black pepper, ground		1 tsp		2 tsp	

NUTRITION INFORMATION

For ¼ cup (No. 16 scoop).

NUTRIENTS	AMOUNT
Calories	80
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Total Fat	2 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	131 mg
Total Carbohydrate	15 g
Dietary Fiber	2 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	1 g
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Vitamin D	N/A
Calcium	26 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Sweet potato	3 lb 11 oz	7 lb 5 oz

YIELD/VOLUME

25 Servings	50 Servings
3 lb 4 oz 3 qt ½ cup	6 lb 8 oz 1 gal 2 qt 1 cup