


# Roasted Sweet Potatoes

Cuisine: **Chinese**  
Food category: **Vegetables**



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Company: Retigo Asia





## Program steps


Preheating: 175 °C


1


 Combination


 50 %

 Termination by time

 30:00 mm:ss

 160 °C

 70 %



## Ingredients - number of portions - 10

Name	Value	Unit
sweet potatoes	250	g

## Nutrition and allergens

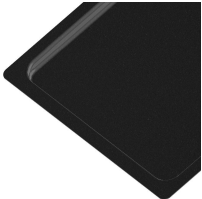
Allergens:  
Minerals:  
Vitamins:

Nutritional value of one portion	Value
Energy	20.8 kJ
Carbohydrate	4.3 g
Fat	0 g
Protein	0.5 g
Water	0 g

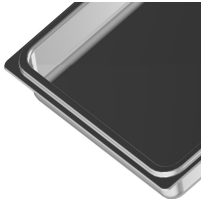
## Directions

- \*Selected Tai Nong No. 57 (Brown skin and yellow meat, the highest dietary fiber, dense and soft taste)
- ◇ Wash the sweet potatoes from the soil, dry the water, and put them on the baking tray or grilling net
  - ◇ Use baking paper under the baking pan to prevent the honey from flowing out and scorching and sticking to the baking pan
  - ◇ The air convection is better when using the grill, which speeds up the cooking speed and reduces the time
  - ◇ When roasting sweet potatoes, it is necessary to reduce the wind speed to avoid the skin from drying too hard
  - ◇ Quickly cool down the sweet potato after being baked, store it in the freezer, and reheat it directly after freezing to enjoy

## Recommended accessories



Vision Bake



GN container Stainless steel full