Retigo Combionline | Cookbook | Vegetables 12. 4. 2023

Roasted Sweet Potatoes

Cuisine: Chinese

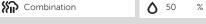
Food category: Vegetables





Program steps

Preheating: 175 °C





③ 30:00 mm:ss

s B







Ingredients	 number of 	f portions	- 10

Name	Value	Unit
sweet potatoes	250	g

Nutrition and allergens

Allergens: Minerals:

Vitamins:

Nutritional value of one portion	
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)
- \diamondsuit 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
- \diamondsuit The air convection is better when using the grill, which speeds up the cooking speed and reduces the time
- \diamondsuit When roasting sweet potatoes, it is necessary to reduce the wind speed to avoid the skin from drying too hard
- \diamondsuit Quickly cool down the sweet potato after being baked, store it in the freezer, and reheat it directly after freezing to enjoy

Recommended accessories



