

# Roasted Sweet Potatoes

Cuisine: Chinese

Food category: Vegetables



Author: Gary CHIU

Company: Retigo Asia



## Program steps

Preheating: 175 °C

1	Combination	50 %	Termination by time	30:00 mm:ss	160 °C	70 %	
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## Ingredients - number of portions - 10

Name	Value	Unit
sweet potatoes	250	g

## Nutrition and allergens

Allergens:

Minerals:

Vitamins:

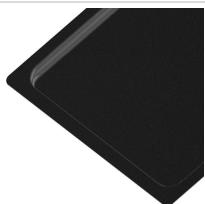
Nutritional value of one portion	Value
Energy	20.8 kJ
Carbohydrate	4.3 g
Fat	0 g
Protein	0.5 g
Water	0 g

## Directions

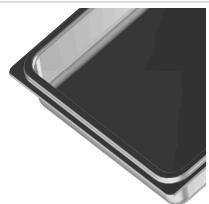
\*Selected Tai Nong No. 57 (Brown skin and yellow meat, the highest dietary fiber, dense and soft taste)

- ◊ 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