

# Dried Sweet Potato

Cuisine: **South-East Asian**

Food category: **Vegetables**



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## Program steps

1 Hot air 0 % Termination by time 20:00 hh:mm 45 °C 70 %

## Ingredients - number of portions - 10

Name	Value	Unit
Yellow sweet potato	1	kg
Purple sweet potato	1	kg
salt	20	g
sugar	40	g

## Nutrition and allergens

Allergens:

Minerals: Calcium, Iron, Magnesium, Potassium

Vitamins: Folate, Vitamin A, Vitamin B6, Vitamin C

Nutritional value of one portion	Value
Energy	188 kJ
Carbohydrate	44.2 g
Fat	0.3 g
Protein	3.2 g
Water	154.6 g

## Directions

Slice all the sweet potato and soak in the salty water.  
Drained out and sprinkle with sugar.  
Place on the vision frit and dry for at least 20 plus hours.

## Recommended accessories



Stainless wire shelving