

# 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 %



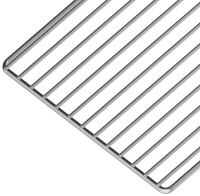
| Ingredients - number of portions - 10 |       |      |
|---------------------------------------|-------|------|
| Name                                  | Value | Unit |
| Yellow sweet potato                   | 1     | kg   |
| Purple sweet potato                   | 1     | kg   |
| salt                                  | 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