

Sweet potato cake with cheese filling

Cuisine: **South-East Asian**

Food category: **Desserts**



Author: **Myat Ko ko**

Program steps

Preheating: 190 °C

1	Steaming		Termination by time	00:15 hh:mm	99 °C	50 %	
2	Hot air	100 %	Termination by time	00:10 hh:mm	190 °C	100 %	

Ingredients - number of portions - 10

Name	Value	Unit
Purple sweet potatoes	500	g
cheddar cheese	100	g
All purpose flour	120	g
sugar	30	g
Salt	10	g
Roasted sesame seeds	20	g
clarified butter	50	g
olive oil for greasing	30	ml

Directions

Peel and slice the sweet potatoes and steam for 15 minutes. Mash the sweet potato, add sugar, salt, flour and clarified butter, and knead into smooth. Shape the sweet potato mixture into ball and stuffed with cheddar cheese. Place all the sweet potato ball on vision frit and spray with cooking oil. Fried about 10 minutes. Once ready sprinkle with roasted sesame seeds and seve.

Nutrition and allergens

Allergens: Gluten, sesame

Minerals: 55mg, 75mg, Calcium 975mg, Iron, Iron 14, Magnesium, Magnesium 351mg, Phosphorus, Phosphorus 578mg, Potassium, Potassium 468mg, Sodium: 38758 mg, Zinc 7

Vitamins: 25mg, 272mg, 291mg, 791mg, 802mg, Folate 97µg, Niacin, Niacin 4, Riboflavin 0, Thiamin, Thiamin 0, Vitamin A, Vitamin B6, Vitamin B6 0, Vitamin C, Vitamin E 0

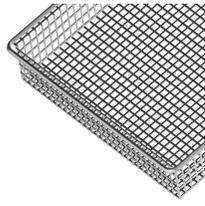
Nutritional value of one portion

Nutritional value of one portion	Value
Energy	192.6 kJ
Carbohydrate	22.8 g
Fat	9.6 g
Protein	4.8 g
Water	40.2 g

Recommended accessories



Vision Oil Spray Gun



Vision Frit