

## USDA National School Lunch Product Fact Sheet

<b>PRODUCT SPECIFICATION:</b>	<b>POTATOES / SWEET POTATOES / FLAME-ROASTED, FROZEN: Simplot RoastWorks® Maple Sweet Potatoes / SKU 10071179707561.</b> U.S. Grade A, flame-roasted, sweet potato chunks, maple and brown sugar seasoned. <b>PACK SIZE:</b> 6/2.5 LB bags per case.
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**FOOD BUYING GUIDE SUB-GROUP: Sweet Potatoes, frozen Random Cut Chunks Includes USDA Foods**  
\*Creditable serving size adjusted to reflect weight needed to attain vegetable credit. Non-potato ingredients excluded.

Creditable Ingredient Serving Size (as purchased)		Serving Size per Meal Contribution		Servings per Pound	Purchase Unit	Servings per Unit	Qty for 100 Servings
1.93 oz		¼ cup cooked vegetable		8.29	Bag	20.72	4.83
					Case	124.32	0.81
3.85 oz		½ cup cooked vegetable		4.15	Bag	10.37	9.65
					Case	62.22	1.61
Veg Group	Dark Green	Red/Orange	Starchy	Beans/Peas	Other	Additional	Meat Alt.
1.93 oz		1/4 cup					
3.85 oz		1/2 cup					

\*Information above is provided for food, as purchased, using the USDA Food Buying Guide for Child Nutrition, January 2013 Update.

INGREDIENT STATEMENT	NUTRITION																																																																				
Sweet Potatoes, Brown Sugar, Olive Oil, Sugar, Contains less than 2% of Maple Sugar, Natural Flavor, Salt, Spices, Xanthan Gum.	<input checked="" type="checkbox"/> <b>Smart Snacks Compliant</b>																																																																				
<b>ALLERGENS PRESENT</b>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #444; color: white;"> <th colspan="2">Nutrition Facts</th> <th colspan="2">Nutrition Facts</th> </tr> <tr style="background-color: #444; color: white;"> <th colspan="2">Serving Size 1.93 oz (55g)</th> <th colspan="2">Serving Size 3.85 oz (109g)</th> </tr> <tr style="background-color: #444; color: white;"> <th colspan="2">Amount Per Serving</th> <th colspan="2">Amount Per Serving</th> </tr> <tr style="background-color: #444; color: white;"> <th>Calories 70</th> <th>Calories from Fat 20</th> <th>Calories 140</th> <th>Calories from Fat 30</th> </tr> <tr style="background-color: #444; color: white;"> <th colspan="2">% Daily Value*</th> <th colspan="2">% Daily Value*</th> </tr> </thead> <tbody> <tr> <td><b>Total Fat</b> 2g</td> <td style="text-align: right;">3%</td> <td><b>Total Fat</b> 3.5g</td> <td style="text-align: right;">5%</td> </tr> <tr> <td>  Saturated Fat 0g</td> <td style="text-align: right;">0%</td> <td>  Saturated Fat 0.5g</td> <td style="text-align: right;">3%</td> </tr> <tr> <td>  Trans Fat 0g</td> <td></td> <td>  Trans Fat 0g</td> <td></td> </tr> <tr> <td><b>Cholesterol</b> 0mg</td> <td style="text-align: right;">0%</td> <td><b>Cholesterol</b> 0mg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td><b>Sodium</b> 90mg</td> <td style="text-align: right;">4%</td> <td><b>Sodium</b> 180mg</td> <td style="text-align: right;">8%</td> </tr> <tr> <td><b>Total Carbohydrate</b> 12g</td> <td style="text-align: right;">4%</td> <td><b>Total Carbohydrate</b> 24g</td> <td style="text-align: right;">8%</td> </tr> <tr> <td>  Dietary Fiber 2g</td> <td style="text-align: right;">8%</td> <td>  Dietary Fiber 3g</td> <td style="text-align: right;">12%</td> </tr> <tr> <td>  Sugars 8g</td> <td></td> <td>  Sugars 16g</td> <td></td> </tr> <tr> <td><b>Protein</b> 1g</td> <td></td> <td><b>Protein</b> 2g</td> <td></td> </tr> <tr> <td>Vitamin A 15% • Vitamin C 0%</td> <td></td> <td>Vitamin A 25% • Vitamin C 0%</td> <td></td> </tr> <tr> <td>Calcium 0% • Iron 0%</td> <td></td> <td>Calcium 4% • Iron 4%</td> <td></td> </tr> <tr> <td colspan="2"><small>*Percent Daily Values are based on a 2,000 calorie diet.</small></td> <td colspan="2"><small>*Percent Daily Values are based on a 2,000 calorie diet.</small></td> </tr> </tbody> </table>	Nutrition Facts		Nutrition Facts		Serving Size 1.93 oz (55g)		Serving Size 3.85 oz (109g)		Amount Per Serving		Amount Per Serving		Calories 70	Calories from Fat 20	Calories 140	Calories from Fat 30	% Daily Value*		% Daily Value*		<b>Total Fat</b> 2g	3%	<b>Total Fat</b> 3.5g	5%	Saturated Fat 0g	0%	Saturated Fat 0.5g	3%	Trans Fat 0g		Trans Fat 0g		<b>Cholesterol</b> 0mg	0%	<b>Cholesterol</b> 0mg	0%	<b>Sodium</b> 90mg	4%	<b>Sodium</b> 180mg	8%	<b>Total Carbohydrate</b> 12g	4%	<b>Total Carbohydrate</b> 24g	8%	Dietary Fiber 2g	8%	Dietary Fiber 3g	12%	Sugars 8g		Sugars 16g		<b>Protein</b> 1g		<b>Protein</b> 2g		Vitamin A 15% • Vitamin C 0%		Vitamin A 25% • Vitamin C 0%		Calcium 0% • Iron 0%		Calcium 4% • Iron 4%		<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>		<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	
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<b>ADDITIONAL INFORMATION</b>	<input checked="" type="checkbox"/> Gluten Free <input checked="" type="checkbox"/> Lacto-Vegetarian <input type="checkbox"/> Vegan																																																																				

COOKING INSTRUCTIONS <i>*If desired, add 1-2 Tbsp of butter before cooking</i>					
<b>Convection Oven</b>	Bake potatoes at 350°F for 15 – 20 minutes in a single layer on a greased sheet pan. Rotate Pan halfway through cook time.				
<b>Microwave Oven (1100 Watt)</b>	Microwave ½ bag of potatoes on HIGH for 7 minutes, covered, stirring halfway through cook time. Let stand for 1 minute.				
CASE PACK					
<b>Shelf Life (stored at 0°F)</b>	18 months	<b>Case Cube (ft.<sup>3</sup>)</b>	0.62	<b>Gross Weight (lb)</b>	16.25
<b>Outer Case Dimensions (LxWxH)</b>	15.625" x 11.625" x 5.875"	<b>Pallet Ti / Hi</b>	10 / 13		

The J.R. Simplot Company certifies the information above to be true and correct as of March 27, 2015.

  
 Principal Scientist Regulatory Nutrition