

USDA Foods Product Information Sheet

For Child Nutrition Programs



100354— Sweet Potatoes, Mashed, No Salt Added, Frozen

Category: Vegetables
Subgroup: Red/Orange



PRODUCT DESCRIPTION

This item is U.S. Grade A mashed sweet potatoes with no salt added. This product is delivered frozen in 30-pound cases containing six 5-pound packages.

CREDITING/YIELD

- One case provides about 113 ½-cup servings of mashed sweet potatoes.
- CN Crediting: ½ cup cooked mashed sweet potatoes provide ½ cup red/orange vegetable.

CULINARY TIPS AND RECIPES

- Mashed sweet potatoes can be heated and served plain or with spices, nuts, or dried fruit added.
- Mashed sweet potatoes can be used in other recipes to provide flavor and color to dishes such as casseroles and baked goods.
- To find culinary techniques and many recipe ideas visit [NFSMI](#) or [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1/2 cup (140g) sweet potatoes, mashed, no salt added

Amount Per Serving

Calories 120

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 40mg

Total Carbohydrate 27g

Dietary Fiber 3g

Sugars 11g

Protein 2g

Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.