



Item# 33230

## Sweet Potato Roasted Tri-Cut Dices

Brand: LAMB WESTON®

Cut Size: 1" Tri-Cut Dices. Package size: 40#.

Small sweet potato dices, ready to fry or bake, for a unique, upscale side

**Ingredients:** Ingredients: Sweet Potatoes, Sodium Acid Pyrophosphate Used As a Processing Aide.

**Allergens:** NONE

**Grade:** A (FANCY OTHER - REGULAR)

**Kosher:** No

**Category:** OVEN ROASTED POTATOES

**SCC Code:** 10044979332301

**Item Number:** Item# 33230

### Nutrition:

**Serving Size:** 3 oz (84g)

**Servings per container:** About 214

**Calories [per serving]:** 90.0

	Amount Per Serving	DV%*
Total Fat	0.0g	0.0%
Saturated Fat	0.0g	0.0%
Trans Fat	0.0g	
Cholesterol	0.0mg	0.0%
Sodium	60.0mg	3.0%
Potassium	280.0mg	8.0%
<b>Total</b>		
<b>Carbohydrates</b>	<b>20.0g</b>	<b>7.0%</b>
Dietary Fiber	2.0g	8.0%
Sugars	8g	
<b>Protein</b>	<b>2.0g</b>	
Vitamin A		60%
Vitamin C		10%
Calcium		4%
Iron		4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

\*\* Contains less than 2% of the Daily Value of these nutrients.

### Cooking Methods:

Method	Time	Temperature
Convection Oven	12 - 15 min	400°F

#### Additional Instructions

Method	Time	Temperature
Conventional Oven	30 - 35 min	400°F

#### Additional Instructions

Method	Time	Temperature
Deep Fry	2 1/4 - 2 3/4 min	345 - 350°F

#### Additional Instructions

Method	Time	Temperature
Impingement Oven	13 - 17 min	450°F

#### Additional Instructions

### Shipping and Storage:

Shipping Information		Product Information	
Net Weight	40.0000 lbs	Grade	A (FANCY OTHER - REGULAR)
Gross Weight	42.5000 lbs	Country of Origin	USA
Count Per Pound	N/A	Kosher Status	No
Case Cube	1.24	Shelf Life	720 days
Ti/Hi	9,6		

#### Handling Instructions

Do not drop. Handle like eggs. Perishable, keep frozen. Store at 0°F or colder.