



Item #: J73

## Lamb Weston® 5/8" IQF Cubes

Brand: Lamb Weston®  
Cut Size: 5/8" Diced  
Package Size: 6/6#

Lamb Weston® has the perfect potato offerings to meet your every need, providing a wide variety of unique choices. These dices are exceptionally versatile in recipes for breakfast, lunch, and dinner while also saving you time and labor with no prep required. Cooks up fast in the fryer or oven!

### OPERATOR BENEFITS



Choose from a variety of flavors and sizes in our wide portfolio of offerings.



Save time and labor by replacing back-of-house cutting, peeling, and prepping with a ready-to-go solution right out of the freezer.



Try our variety of pre-seasoned offerings for quick and convenient back-of-house solutions.

### NUTRITION AND COOKING METHODS

**Serving size: 3/4 Cup (90g)**  
**Servings per container: About 180**  
**Calories [per serving]: 70**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Amount per Serving		% Daily Value*
Total Fat	0.0g	0%
Saturated Fat	0.0g	0%
Trans Fat	0g	
Cholesterol	0.0mg	0%
Sodium	30.0mg	1%
Total Carbohydrate	15.0g	
Dietary Fiber	2.0g	7%
Total Sugars	less than 1g	
Added Sugars	0.0g	0%
Protein	2.0g	
Vitamin D	0.0mcg	0%
Calcium	10.0mg	0%
Iron	0.3mg	0%
Potassium	280.0mg	4%

**Ingredients:** Potatoes, Disodium Dihydrogen Pyrophosphate (to promote color retention).

**Grade:** A  
**Kosher:** No  
**Halal:** No

Cooking Method	Time	Temperature	Additional Instructions
			FOR FOOD SAFETY, FOLLOW COOKING INSTRUCTIONS ON THE PACKAGE. KEEP FROZEN – DO NOT THAW. For food safety, read and follow the cooking instructions as product must reach a minimum of 165F (74C) internal temperature as measured by a food thermometer in several spots.
Conventional Oven	15 - 20 minutes	425F (218C)	Amount: 1 LB (453g). Arrange frozen product in a single layer on a baking sheet lined with aluminum foil or parchment paper. Turn product halfway through baking time.
Air Fryer	15 - 20 minutes	400F (205C)	Amount: 1 LB (453g). Arrange frozen product in a single layer on a baking sheet lined with aluminum foil or parchment paper. Turn product halfway through baking time.
Stovetop Boil	5 - 7 minutes	Boiling Water	Amount: 1 1/2 LB (680g). Heat product in boiling water, stirring frequently, drain. Check that potatoes are cooked.

## SHIPPING AND STORAGE

### Shipping Information

Item Number	J73
GTIN	10044979010735
Net Weight	36.0 lb
Gross Weight	39.0 lb
Count Per Pound	N/A
Case Cube	1.1
Ti/Hi	9,7
Country of Origin	US
Shelf Life	540 days

### Handling Instructions

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