



Item #: L0105

## Lamb Weston® Sweet Potatoes 1/2" Roasted Tri-Cut Dice

Brand: Lamb Weston®

Cut Size: 1/2" Tri-Cut Diced

Package Size: 6/6#

Lamb Weston® Sweet Potatoes will differentiate and expand your menu while being a perfect choice for customers looking for healthier menu options. These oven roasted dices are exceptionally versatile in recipes for breakfast, lunch, and dinner while also saving you time and labor with no prep required. They cook 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: 1 cup (84g)**

**Servings per container: About 192**

**Calories [per serving]: 90**

\* 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	60.0mg	3%
Total Carbohydrate	20.0g	
Dietary Fiber	2.0g	7%
Total Sugars	8g	
Added Sugars	0.0g	0%
Protein	2.0g	
Vitamin D	0.0mcg	0%
Calcium	40.0mg	2%
Iron	0.72mg	4%
Potassium	280.0mg	4%

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

**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	30 - 35 minutes	400F (205C)	Amount: 1 1/2 LB (680g). Arrange frozen product in a single layer on a baking sheet lined with aluminum foil or parchment paper. Turn product halfway through baking time.
Convection Oven	15 - 20 minutes	400F (205C)	Amount: 1 1/2 LB (680g). Arrange frozen product in a single layer on a baking sheet lined with aluminum foil or parchment paper. Turn product halfway through baking time.

SHIPPING AND STORAGE

Shipping Information

Item Number	L0105
GTIN	10044979221810
Net Weight	36.0 lb
Gross Weight	38.0 lb
Count Per Pound	N/A
Case Cube	1.22
Ti/Hi	9,7
Country of Origin	US
Shelf Life	720 days

Handling Instructions

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