



BRIGHT  
HARVEST

SWEET POTATO CO.



Country Style Cut Sweet Potatoes



Candied Sweet Potato Patties



Prime Center Cut Sweet Potatoes



Seasoned Chunky Mashed Sweet Potatoes



# Sweet Potato Casserole

*Plate Mates*  
side Dish Solutions





# Sweet Potato Casserole

## Yummmmmm

Bright Harvest Sweet Potato Casserole – A combination of fresh mashed sweet potatoes, brown sugar, and spices, topped with a Praline Topping. All you do is heat and serve!

## Preparation Instructions

### Conventional Oven: Preferred Method, Thawed

Preheat oven to 350°F. Remove lid from tray and discard. Place tray on a baking sheet on the middle rack. Bake for 60 minutes or until internal temperature reaches 180°F.

**PRODUCT WILL BE HOT** – Carefully remove from oven. Let stand for 5 minutes before serving.

**Conventional Oven Frozen** – Follow same instructions for thawed product increasing cook time to 90 minutes or until internal temperature reaches 180°F.

**Steam Table** – To serve product from stainless steel steam table pan, remove frozen product from aluminum pan by dipping pan bottom in warm water. Fold back corners of pan. Lift frozen product from aluminum pan and place into steam table pan. Bake according to conventional oven instructions.

## USDA Child Nutrition Program

Casserole	3.7 oz. provides 1/4 cup vegetable.
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## School Portioning Information

	1/4 Cup Servings		1/4 Cup (oz)	
	Lb.	Tray	Frozen	Cooked
Casserole	4	20	80	3.7

## Ingredients

Sweet Potatoes, Sugar, Margarine (Vegetable Oil Blend (Liquid Soy Oil, Partially Hydrogenated Soybean Oil), Water, Salt, Vegetable Mono and Diglycerides, Vegetable Lecithin, Sodium Benzoate added as a preservative, Citric Acid, Calcium Disodium EDTA added to protect flavor, Artificially flavored, Colored with Beta Carotene (Vitamin A Palmitate added), Brown sugar, Salt, Flour (Enriched Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Non-dairy Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Dipotassium Phosphate and Sodium Silico Aluminate), Pecans, Pasteurized Eggs (Whole Eggs, Sugar, Sodium Alginate, Glycerol, and Maltodextrin), Oats, Food Starch Modified, Natural and Artificial Flavoring, Salt, Spices.

Contains: Eggs, milk, pecans, soybeans, wheat.

## Specifications and Packaging

Product	Pack Size	Case Weight		Case Cube
		Net	Gross	
7485 Casserole	4/5 lb.	20 lb.	21.5 lb.	.88

## Nutritional Facts

Sweet Potato Casserole

Serving Size	1/2 cup, (140g)	
Serving Per Container	about 16	
Calories	330	
Calories from Fat	150	
	% Daily Value*	
Total Fat	17g	26%
Saturated Fat	4.5g	23%
Trans Fat	0g	
Cholesterol	15mg	5%
Sodium	210mg	9%
Total Carb.	44g	15%
Dietary fiber	2g	8%
Sugars	29g	
Protein	3g	
Vitamin A	120%	
Vitamin C	6%	
Calcium	2%	
Iron	8%	

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

## Diet Exchange

American Dietetic Association 2.9 oz. = 1 bread

