



Country Style Cut Sweet Potatoes



Candied Sweet Potato Patties



Prime Center Cut Sweet Potatoes



Sweet Potato Casserole



Seasoned Chunky Mashed Sweet Potatoes

Plate Mates
Side Dish Solutions



Seasoned Chunky Mashed Sweet Potatoes

**HEAT
SERVE**

Yummmmm

Seasoned Chunky Mashed Sweet Potatoes are an ideal way to turn any meal into a special occasion.

Use them as a labor-saving ingredient!

Create Signature offerings like sweet potato muffins, tarts, breads and pies. Sweet potato soup is another favorite!

Serve them as a side dish!

Serve them year-round as a nutritious alternative to white potatoes or rice.

Benefits

- Labor saving versus fresh – no peeling, mashing or cooking!
- No Waste!
- Fresher and brighter than canned

Preparation Instructions (for 5 lb. bags)

May be prepared from a frozen or thawed state. To thaw, place bag in refrigerator 24-48 hours before use. Can be thawed and/or heated to serving temperature while still in sealed Boil in Bag by placing in boiling water.

Thawing – Temper 24 hours at 45°F or below. May be held refrigerated up to 3 days at 45°F or below. Can also be used as an ingredient for pie filling, soup, muffins, breads, soufflés, etc.

Steam Table – Remove product from bag and place in steam table pan. Cover and heat on high setting 1½ - 2 hours for frozen potatoes. Stir occasionally.

Conventional or Convection Oven – Preheat oven to 350°F. Remove product from bag and place in pan. Cover and heat 1½ - 2 hours for frozen potatoes. Stir occasionally.

Microwave Oven – Remove product from bag and place in microwave dish. Heat on high setting 10 minutes for thawed potatoes and 20-30 minutes for frozen potatoes. Stir occasionally.

USDA Child Nutrition Program

2.3 oz. provides 1/4 cup vegetable.

School Portioning Information

1/4 Cup Servings			1/4 Cup (oz)	
Lb.	Bag	Case	Frozen	Cooked
7	35	210	2.3	2.3

Specifications and Packaging

Product	Pack Size	Case Weight	
		Net	Gross
7444 Seasoned Chunky	6/5 lb.	30	31.5
7445 Candied Mashed	6/5 lb.	30	31.5

Nutritional Information

	7445 Candied Mashed Sweet Potatoes		7444 Seasoned Chunky Mashed Sweet Potatoes	
Serving Size	1/2 cup (140g)		1/2 cup (140g)	
Serving Per Case	about 16		about 16	
Calories	150		140	
Calories from Fat	0		0	
	% Daily Value*			
Total Fat	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	200mg	8%	20mg	1%
Total Carbohydrates	35g	12%	32g	11%
Dietary fiber	3g	12%	3g	12%
Sugars	13g		23g	
Protein	2g		4g	
Vitamin A	50%		140%	
Vitamin C	8%		8%	
Calcium	2%		2%	
Iron	4%		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.

Diet Exchange

American Dietetic Association 3.6 oz. = 1 bread

Ingredients

Sweet potatoes, sugar, spices

**Preservative
Free**



Contains No
Tropical Oils



Ovenable



Microwaveable