



Item #: M0007

Lamb Weston® Sweet Potatoes Original Mashed

Brand: Lamb Weston®
Cut Size: Mashed
Package Size: 12/32OZ P

Lamb Weston® Sweet Potatoes will differentiate and expand your menu while being a perfect choice for customers looking for healthier menu options. Made from sweet potatoes and blended with brown sugar, molasses, and other seasonings for a truly satisfying dish. Simply boil or steam in a bag.

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.



Real baked potato flavor and texture in every bite.



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

NUTRITION AND COOKING METHODS

Serving size: 2/3 cup (140g)
Servings per container: About 78
Calories [per serving]: 120

* 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 | 1.0g | 1% |
| Saturated Fat | 0.0g | 0% |
| Trans Fat | 0g | |
| Cholesterol | 0.0mg | 0% |
| Sodium | 20.0mg | 1% |
| Total Carbohydrate | 27.0g | |
| Dietary Fiber | 3.0g | 11% |
| Total Sugars | 13g | |
| Added Sugars | 11.0g | 20% |
| Protein | 1.0g | |
| Vitamin D | 0.0mcg | 0% |
| Calcium | 38.0mg | 2% |
| Iron | 0.57mg | 2% |
| Potassium | 200.0mg | 4% |

Ingredients: Sweet Potatoes, Water, Brown Sugar, Dehydrated Sweet Potato, Modified Food Starch (Potato, Corn), Molasses Powder, Disodium Dihydrogen Pyrophosphate (to promote color retention), Natural and Artificial Flavors, Corn Syrup Solids, Gum Arabic, Sugar, Caramel (Color).

Grade: A

Kosher: No

Halal: Yes

| 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. |
| Boil-in-Bag | 18 - 20 minutes | Boiling | Amount: Whole unopened bag. Place unopened bag in boiling water. Remove bag halfway through cook time and knead for 20 seconds; CAUTION contents will be hot. Place bag back in boiling water for remaining cook time. Note: Cook from frozen - DO NOT THAW. Appliances vary. Adjust cooking times as needed. Mashed potatoes will be hot after heating, use gloves and handle with care. |
| Steam Cabinet | 20 - 22 minutes | Steam (Below water must be boiling) | Amount: Whole unopened bag. Place unopened bag in full size perforated pan. Heat as directed. Remove bag halfway through cook time and knead for 20 seconds; CAUTION contents will be hot. Place bag back in perforated pan for remaining cook time. Note: Cook from frozen - DO NOT THAW. Appliances vary. Adjust cooking times as needed. Mashed potatoes will be hot after heating, use gloves and handle with care. |

SHIPPING AND STORAGE

Shipping Information

| | |
|-------------------|----------------|
| Item Number | M0007 |
| GTIN | 10044979130075 |
| Net Weight | 24.0 lb |
| Gross Weight | 26.0 lb |
| Count Per Pound | N/A |
| Case Cube | 0.65 |
| Ti/Hi | 9,10 |
| 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.