



Item #: 2200D

## Lamb Weston® Fried Potato Skins

Brand: Lamb Weston®  
Cut Size: Approx. 12-13 ct./lb  
Package Size: 4/4#

Lamb Weston® has the perfect potato offerings to meet your every need, providing a wide variety of unique choices. Potato skins are easily prepared in the fryer or oven and have minimal oil absorption and breakage. They're great as an appetizer that can be filled with cheese, bacon, or mashed for twice-baked potatoes.

### NUTRITION AND COOKING METHODS

**Serving size:** 2 pieces (75g)  
**Servings per container:** About 96  
**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	4.0g	5%
Saturated Fat	1.0g	5%
Trans Fat	0g	
Cholesterol	0.0mg	0%
Sodium	20.0mg	1%
Total Carbohydrate	20.0g	
Dietary Fiber	2.0g	7%
Total Sugars	less than 1g	
Added Sugars	0.0g	0%
Protein	2.0g	
Vitamin D	0.0mcg	0%
Calcium	20.0mg	0%
Iron	0.9mg	4%
Potassium	460.0mg	8%

**Ingredients:** Potatoes, Soybean and/or Canola Oil.

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

Cooking Method	Time	Temperature	Additional Instructions
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Convection Oven	10 - 12 min	400° F	Arrange frozen product in a single layer on a baking sheet lined with aluminum foil or parchment paper. Turn product halfway through baking time.
Conventional Oven	15 - 20 min	400°F	Arrange frozen product in a single layer on a baking sheet lined with aluminum foil or parchment paper. Turn product halfway through baking time.
Deep Fry	2 1/2 - 3 min	345 - 350°F	Deep fry from frozen state. Fill basket 1/2 full.

SHIPPING AND STORAGE

Shipping Information

Item Number	2200D
GTIN	10044979220042
Net Weight	16.0 lb
Gross Weight	18.0 lb
Count Per Pound	N/A
Case Cube	0.93
Ti/Hi	10,10
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.