



Item #: 2200D

Lamb Weston® Fried Potato Skins

Brand: Lamb Weston®

Cut Size: Approx. 10 ct./lb

Package Size: 4/4#

Made from premium Russet potatoes, MunchSkins® are easily prepared in the fryer or the oven and have minimal oil absorption and breakage. Great appetizer item that can be filled with cheese, bacon or mashed for twice baked potatoes. AVAILABLE IN SELECT MARKETS - EXCLUDING EUROPE.

Ingredients

Ingredients: Potatoes, Soybean and/or Canola Oil.

Grade: A

Kosher: No

NUTRITION

Serving size: 2 pieces (75g)

Servings per container: About 96

Calories [per serving]: 140

* 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	3.0g	4%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	0.0mg	0%
Sodium	20.0mg	1%
Total Carbohydrate	18.0g	
Dietary Fiber	3.0g	11%
Total Sugars	Less than 1g	
Added Sugars	0.0g	0%
Protein	2.0g	
Vitamin D	0.0mcg	0%
Calcium	20.0mg	0%
Iron	0.55mg	2%
Potassium	410.0mg	8%

COOKING METHODS

Method	Time	Temperature	Additional Instructions
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.

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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		Product Information	
Net Weight	16 lb	Country of Origin	US
Gross Weight	18 lb	Shelf Life	720 days
Count Per Pound	N/A		
Case Cube	0.93		
Ti/Hi	10,10		

Handling Instructions

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