



Item #: FC003

Lamb Weston® Fully Cooked - Heat & Serve Diced Sweet Potatoes

Brand: Lamb Weston® Fully Cooked – Heat & Serve

Cut Size: 5/8" x 5/8" x 5/8"

Package Size: 6/5#

Vibrant diced sweet potatoes with rich flavor. Versatile in recipes or as a standalone side. These dices are exceptionally versatile in recipes for breakfast, lunch, and dinner while also saving you time and labor with no prep required.

OPERATOR BENEFITS



This product does not require a cooking step for food safety.



This product can be refrigerated <40F (<5C) up to 48 hours if unopened.



Save time and labor by replacing back-of-house cutting, peeling, and prepping with a ready-to-go solution right out of the freezer.



Choose from a variety of flavors and sizes in our wide portfolio of offerings.



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

NUTRITION AND COOKING METHODS

Serving size: 3/4 Cup (90g)
Servings per container: About 150
Calories [per serving]: 50

* 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	0.0g	0%
Saturated Fat	0.0g	0%
Trans Fat	0g	
Cholesterol	0.0mg	0%
Sodium	20.0mg	1%
Total Carbohydrate	12.0g	
Dietary Fiber	2.0g	7%
Total Sugars	6g	
Added Sugars	0.0g	0%
Protein	1.0g	
Vitamin D	0.0mcg	0%
Calcium	20.0mg	0%
Iron	0.4mg	2%

Potassium

180.0mg

2%

Ingredients: Sweet Potatoes.

Grade: A
Kosher: No
Halal: Yes

Cooking Method	Time	Temperature	Additional Instructions
Preparation			This product is fully cooked. May serve thawed or heat in a conventional oven, convection oven, quick cook oven, microwave, or on a flat grill.
Microwave	1½ - 2 min.*		Microwave 4 oz. of sweet potato dices in a covered dish for 1 ½ - 2 minutes. *Since microwave ovens vary in power, adjust your cooking time as needed.

SHIPPING AND STORAGE

Shipping Information

Item Number	FC003
GTIN	10044979221933
Net Weight	30.0 lb
Gross Weight	32.0 lb
Count Per Pound	N/A
Case Cube	1.1
Ti/Hi	9,8
Country of Origin	US
Shelf Life	540 days