



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

### Handling Instructions

Do not drop. Handle like eggs. Perishable - ship frozen & keep frozen. Unopened bag may be refrigerated <40°F (5°C) for up to 48 hours. Consume once opened. Heat for quality.