



Item #: L0082

Sweet Things® Wavelength Fries Savory Seasoned

Brand: Sweet Things®

Cut Size: Deep "V" Steak

Package Size: 3/5#

Sweet Things® sweet potato products offer a delicious alternative to traditional potatoes in a variety of formats. This rectangular fry has ridges running lengthwise which help to provide extra crispiness.

Ingredients

Ingredients: Sweet Potatoes, Vegetable Oil (Contains One or More of the Following: High Oleic Canola, Canola, Sunflower), Modified Food Starch (Potato, Corn), Corn Starch, Salt, Dextrin, Spices, Garlic Powder, Onion Powder, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate), Dried Yeast, Xanthan Gum, Sugar, Oleoresin Paprika.

Grade: A

Kosher: No

NUTRITION

Serving size: 3 oz (84g/about 20 pieces)

Servings per container: About 80

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	0.0g	0%
Trans Fat	0g	
Cholesterol	0.0mg	0%
Sodium	330.0mg	14%
Total Carbohydrate	20.0g	
Dietary Fiber	3.0g	11%
Total Sugars	7g	
Added Sugars	3.0g	6%
Protein	1.0g	
Vitamin D	0.0mcg	0%
Calcium	20.0mg	0%
Iron	0.36mg	2%
Potassium	190.0mg	4%

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	32 - 35 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	3 - 3 1/2 min	345 - 350°F	Deep fry from frozen state. Fill basket 1/2 full.

SHIPPING AND STORAGE

Shipping Information		Product Information	
Net Weight	15 lb	Country of Origin	US
Gross Weight	17 lb	Shelf Life	720 days
Count Per Pound	N/A		
Case Cube	0.72		
Ti/Hi	15,9		

Handling Instructions

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