



Item #: L0082

## Lamb Weston® Sweet Potatoes Wavelength Fries Savory Seasoned

Brand: Lamb Weston®  
Cut Size: Deep "V" Steak  
Package Size: 3/5#

Lamb Weston® Sweet Potatoes will differentiate and expand your menu while being a perfect choice for customers looking for healthier menu options. This thin crispy crinkle cut provides more servings per case than thicker cuts in a classic, fun shape and is lightly coated in savory, seasoned batter for maximum hold time and crispiness.

### OPERATOR BENEFITS



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



Crispy grooves have more edges that provide satisfying, extra crunch.



Thick cuts are sturdier and are less prone to breaking than thinner fries.

### NUTRITION AND COOKING METHODS

**Serving size: 3 oz (84g/about 7 pieces)**  
**Servings per container: About 80**  
**Calories [per serving]: 130**

\* 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          | 5g                 | 6%             |
| Saturated Fat      | 0.5g               | 3%             |
| Trans Fat          | 0g                 |                |
| Cholesterol        | 0mg                | 0%             |
| Sodium             | 330mg              | 14%            |
| Total Carbohydrate | 19g                |                |
| Dietary Fiber      | 3g                 | 11%            |
| Total Sugars       | 6g                 |                |
| Added Sugars       | 3g                 | 6%             |
| Protein            | 1g                 |                |
| Vitamin D          | 0mcg               | 0%             |
| Calcium            | 20mg               | 0%             |
| Iron               | 0.5mg              | 2%             |
| Potassium          | 160mg              | 2%             |

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

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

| <b>Cooking Method</b> | <b>Time</b>   | <b>Temperature</b> | <b>Additional Instructions</b>  |
|-----------------------|---------------|--------------------|---|
| 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     | 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

|                   |                |
|-------------------|----------------|
| Item Number       | L0082          |
| GTIN              | 10044979120823 |
| Net Weight        | 15 lb          |
| Gross Weight      | 17 lb          |
| Count Per Pound   | N/A            |
| Case Cube         | 0.72           |
| Ti/Hi             | 9,15           |
| 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.