



POSSIBILITIES IN POTATOES



Item #: L0092

Lamb Weston Sweet Potato Fries™ 3/8" Regular Cut

Brand: Lamb Weston®

Cut Size: 3/8" Regular Cut

Package Size: 5/3#

Lamb Weston Sweet Potato Fries™ will differentiate and expand your menu while being a perfect choice for customers looking for healthier menu options. Enjoy this leading foodservice cut that provides the perfect balance of crispiness on the outside and a fluffy baked potato texture on the inside. Lightly coated with a clear batter to offer maximum hold time and crispiness.

OPERATOR BENEFITS



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



Drive traffic and charge more for these unique products due to their higher perceived value.



High-quality premium length fries fill up the plate more with fewer strips than budget fries.

NUTRITION AND COOKING METHODS

Serving size: 3oz (84g/about 14 pieces)

Servings per container: about 81

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	4g	5%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	85mg	4%
Total Carbohydrate	20g	7%
Dietary Fiber	3g	11%
Total Sugars	5g	
Added Sugars	3g	6%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	20mg	2%
Iron	0.4mg	2%
Potassium	190mg	4%

Ingredients: Sweet Potatoes, Modified Food Starch (Corn, Tapioca, Potato), Vegetable Oil (Contains One or More of the Following: High Oleic Canola, Canola, Sunflower), Sugar, Rice Flour, Corn Starch, Dextrin, Spice, Salt, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate), Oleoresin Paprika, Xanthan Gum.

Grade: A

Kosher: No

Halal: Yes

Cooking Method	Time	Temperature	Additional Instructions
			FOR FOOD SAFETY, FOLLOW COOKING INSTRUCTIONS ON THE PACKAGE. KEEP FROZEN – DO NOT THAW. For food safety, read and follow the cooking instructions as product must reach a minimum of 165F (74C) internal temperature as measured by a food thermometer in several spots.
Deep Fry	2 1/4 - 2 3/4 minutes	345-350F (174-177C)	Amount: 1 1/2 LB (680g). Deep fry from frozen state. Fill basket 1/2 full.
Conventional Oven	27 - 32 minutes	400F (205C)	Amount: 1 1/2 LB (680g). Arrange frozen product in a single layer on a baking sheet lined with aluminum foil or parchment paper. Turn product halfway through baking time.
Convection Oven	9 - 14 minutes	400F (205C)	Amount: 1 1/2 LB (680g). Arrange frozen product in a single layer on a baking sheet lined with aluminum foil or parchment paper. Turn product halfway through baking time.

SHIPPING AND STORAGE

Shipping Information

Item Number	L0092
GTIN	10044979120922
Net Weight	15.0 lb
Gross Weight	17.0 lb
Count Per Pound	N/A
Case Cube	0.75
Ti/Hi	9,13
Country of Origin	US
Shelf Life	720 days

Handling Instructions

Handle with care, do not drop! Ship frozen - Perishable. Keep frozen at 0°F (-18°C).