



Item #: L0105

## Lamb Weston® Sweet Potatoes 1/2" Roasted Tri-Cut Dice

Brand: Lamb Weston®  
Cut Size: 1/2" Tri-Cut Diced  
Package Size: 6/6#

Lamb Weston® Sweet Potatoes will differentiate and expand your menu while being a perfect choice for customers looking for healthier menu options. These oven roasted dices are exceptionally versatile in recipes for breakfast, lunch, and dinner while also saving you time and labor with no prep required. They cook up fast in the fryer or oven!

### OPERATOR BENEFITS



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



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



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

### NUTRITION AND COOKING METHODS

**Serving size: 1 cup (84g)**  
**Servings per container: About 192**  
**Calories [per serving]: 90**

\* 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	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	60mg	3%
Total Carbohydrate	20g	
Dietary Fiber	2g	7%
Total Sugars	8g	
Added Sugars	0g	0%
Protein	2g	
Vitamin D	0mcg	0%
Calcium	40mg	2%
Iron	0.72mg	4%
Potassium	280mg	4%

**Ingredients:** Sweet Potatoes, Sodium Acid Pyrophosphate Used As a Processing Aide.

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

<b>Cooking Method</b>	<b>Time</b>	<b>Temperature</b>	<b>Additional Instructions</b>
Conventional Oven	30 - 35 min	400°F	Arrange frozen product in a single layer on a baking sheet lined with aluminum foil parchment paper. Turn product halfway through baking time.
Convection Oven	15 - 20 min	450°F	Arrange frozen product in a single layer on a baking sheet lined with aluminum foil parchment paper. Turn product halfway through baking time.

## SHIPPING AND STORAGE

### Shipping Information

Item Number	L0105
GTIN	10044979221810
Net Weight	36 lb
Gross Weight	38 lb
Count Per Pound	N/A
Case Cube	1.22
Ti/Hi	9,7
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.