



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.



Contains a good source of fiber.



Low sodium per serving.

### 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).