



POSSIBILITIES IN POTATOES



Item #: M0007

Lamb Weston® Sweet Potatoes Original Mashed

Brand: Lamb Weston®

Cut Size: Mashed

Package Size: 12/32OZ P

Lamb Weston® Sweet Potatoes will differentiate and expand your menu while being a perfect choice for customers looking for healthier menu options. Made from sweet potatoes and blended with brown sugar, molasses, and other seasonings for a truly satisfying dish. Simply boil or steam in a bag.

OPERATOR BENEFITS



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



Real baked potato flavor and texture in every bite.



Fat-free per serving.



Contains a good source of fiber.*



Low sodium per serving.

*See nutrition information for fat content.

NUTRITION AND COOKING METHODS

Serving size: 2/3cup (140g)

Servings per container: about 78

Calories [per serving]: 140

* 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	50mg	2%
Total Carbohydrate	34g	12%
Dietary Fiber	3g	11%
Total Sugars	17g	
Added Sugars	11g	22%
Protein	2g	
Vitamin D	0mcg	0%

Calcium	40mg	4%
Iron	1.1mg	6%
Potassium	290mg	6%

Ingredients: Sweet Potatoes, Water, Brown Sugar, Dehydrated Sweet Potato, Modified Food Starch (Potato, Corn), Molasses Powder, Disodium Dihydrogen Pyrophosphate (to promote color retention), Natural and Artificial Flavors, Corn Syrup Solids, Gum Arabic, Sugar, Caramel (Color).

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 170F (77C) internal temperature as measured by a food thermometer in several spots.
Boil-in-Bag	18 - 20 minutes	Boiling	Amount: Whole unopened bag. Place unopened bag in boiling water. Remove bag halfway through cook time and knead for 20 seconds; CAUTION contents will be hot. Place bag back in boiling water for remaining cook time. Note: Cook from frozen - DO NOT THAW. Appliances vary. Adjust cooking times as needed. Mashed potatoes will be hot after heating, use gloves and handle with care.
Steam Cabinet	20 - 22 minutes	Steam (Below water must be boiling)	Amount: Whole unopened bag. Place unopened bag in full size perforated pan. Heat as directed. Remove bag halfway through cook time and knead for 20 seconds; CAUTION contents will be hot. Place bag back in perforated pan for remaining cook time. Note: Cook from frozen - DO NOT THAW. Appliances vary. Adjust cooking times as needed. Mashed potatoes will be hot after heating, use gloves and handle with care.

SHIPPING AND STORAGE

Shipping Information

Item Number	M0007
GTIN	10044979130075
Net Weight	24.0 lb
Gross Weight	26.0 lb
Count Per Pound	N/A
Case Cube	0.65
Ti/Hi	9,10
Country of Origin	US
Shelf Life	24 months

Handling Instructions

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