



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



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.



Real baked potato flavor and texture in every bite.



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

NUTRITION AND COOKING METHODS

Serving size: 2/3 cup (140g)
Servings per container: About 78
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	1.0g	1%
Saturated Fat	0.0g	0%
Trans Fat	0g	
Cholesterol	0.0mg	0%
Sodium	20.0mg	1%
Total Carbohydrate	27.0g	
Dietary Fiber	3.0g	11%
Total Sugars	13g	
Added Sugars	11.0g	20%
Protein	1.0g	
Vitamin D	0.0mcg	0%
Calcium	38.0mg	2%
Iron	0.57mg	2%
Potassium	200.0mg	4%

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
Boil in Bag	18 - 20 min		Place unopened bag in boiling water
Microwave Oven	14 - 16 min	Med-High	Cut 1" slit in center of unopened baag. Heat on medium high for half of the total heating time. Rotate bag. Push corners inward. Finish heating. NOTE: Ovens may vary, adjusting cooking times as needed.
Steamer	18 - 20 min		Place bag (unopened) in perforated pan

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	720 days

Handling Instructions

Do not drop. Handle like eggs. Perishable, keep frozen. Store at 0°F or colder.