

07/30/08

*Facts about USDA Commodities for the
National School Lunch and School Breakfast Programs*

**SWEET POTATO 3/8” STRAIGHT CUT
FROZEN**

(Ohio Processed)

Product Description

3/8” straight cut sweet potato fries

Pack Size

15 lb case containing 6 / 2.5 lb. packages

Yield

One 15-pound case provides approximately 72 servings of 3.3 ounces (½ cup) of sweet potato fries.

Uses

Sweet potato fries are frozen and ready to cook and serve. Sweet potato fries may be used to meet the vegetable component of the NSLP pattern.

Storage

Store sweet potato fries frozen in original shipping containers off the floor at 0°F or below.

Best If Used By*

Sweet potato fries are best if used within 12 months of production.

Preparation

Place frozen sweet potato fries in convection oven at 425°F for ten (10) – twelve (12) minutes or deep fry 1.5 lbs. for two and a quarter (2 1/4) – two and three quarter (2 3/4) minutes at 350°F.

Nutritional value

½ cup serving of sweet potato fries (3.3 oz.) provides:

Calories.....	130
Protein.....	<1g
Carbohydrates.....	24g
Fat.....	3.5g
Saturated Fat.....	0.5g
Trans Fat.....	0g
Cholesterol.....	0mg
Vitamin A.....	100%
Vitamin C.....	16%
Iron.....	2%
Calcium.....	2%
Sodium.....	200mg
Dietary fiber.....	3g

**The “Best If Used By” date is intended to tell you how long the product will retain best flavor or quality. The term is not a safety date. “Best If Used By” dates are intended as useful guidelines. Some foods may deteriorate more quickly and other foods may last longer than the times suggest. A number of factors can shorten the useful life of a food product, such as improper handling and inadequate storage temperatures. The inventory control method of “first-in-first-out” should be practiced by those responsible for managing commodity inventories and distribution to the State and local level. Products kept past the “Best If Used By” dates are not necessarily unusable. Food products may be consumed after the “Best If Used By” date if the product has been properly stored and handled, and the primary container is in good condition.*



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Sweet Potato 3/8” Straight Cut Frozen

Sweet Potatoes, Vegetable Oil (Contains one or more of the following: Canola Oil, Soybean Oil, Cottonseed Oil, Sunflower Oil, Corn Oil), Potato Starch – Modified, Rice Flour, Dextrin, Sugar, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Salt, Malt Powder (Malted Barley, Wheat Flour, Dextrose), Natural Flavor, Dehydrated Sweet Potatoes, Maltodextrin, Molasses, Spice and Coloring, Xanthan Gum, Corn Starch – Modified, Triglycerides, Annatto (color), Sodium Acid Pyrophosphate Added to Preserve Natural Color.

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