



Sweet Potato Casserole



Candied Sweet Potato Patties



Prime Center Cut Sweet Potatoes



Chunky Mashed Sweet Potato



Country Style Cut Sweet Potatoes





Country Style Cut Sweet Potatoes

Product Description

Country Style Sweet Potatoes are blanched, and fresh frozen with excellent taste that can't be matched by canned. They are cut straight from the heart of the sweet potato, are a great tasting alternative to white potatoes, and are a rich natural source of beta carotene. Cut Sweet Potatoes are available in a variety of sizes that are both versatile and convenient. Use them as a stand-alone side dish or as a component in your own signature sweet potato dish.



Countrystyle
Range: 1/4" to 1"
Random sizes perfect for all recipes.

Preparation Instructions (from frozen)

Boiled - Bring water to a rolling boil. Add frozen sweet potatoes. Boil for 15 minutes, or until tender, stirring gently. Drain immediately.

Baked - Preheat oven to 350°F. Place frozen sweet potatoes in baking pan. Add 1/4" water to bottom of pan. Cover with foil and bake for 50-60 minutes.

Mashed - Prepare boiled sweet potatoes as described above. Mash potatoes and add butter, milk, brown sugar and salt. Whip potatoes until soft and creamy.

Variations: Preheat oven to 350°F. Place frozen sweet potatoes in baking pan and:

- Add salt, brown sugar, lemon juice, water to 1/4" depth and dot with butter; or,
 - Prepare sauce (4 parts water, 1 part sugar, 1 part butter) and pour over sweet potatoes to 1/4" depth.
- Cover and bake 50-60 minutes.

USDA Child Nutrition Program

Country Style Cut 3 pieces (1.73 oz.) provides 1/4 cup vegetable.

School Portioning Information

	1/4 Cup Servings		1/4 Cup (oz)		1/4 Cup Description	
	Lb.	Bag	Case	Frozen	Cooked	Cooked Units
Country Style	9	46	276	1.73	2.0	3 Pieces

Specifications and Packaging

Product	Pack Size	Case Weight		Code
		Net	Gross	
Country Style Cuts	6/5 lb.	30	31.5	7554

Nutritional Information

	Country Style Center Cut	
Serving Size	7 pieces (109g)	
Serving Per Case	about 21	
Calories	60	
Calories from Fat	0	
	% Daily Value*	
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carb.	12g	4%
Dietary fiber	2g	8%
Sugars	5g	
Protein	1g	
Vitamin A	150%	
Vitamin C	8%	
Calcium	2%	
Iron	8%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Diet Exchange

American Dietetic Association 2.9 oz. = 1 bread

Ingredients

Sweet potatoes.



Contains No Tropical Oils



Ovenable



Microwaveable