



Sweet Potato Casserole



Candied Sweet Potato Patties



Country Style Cut Sweet Potatoes



Chunky Mashed Sweet Potato



# Sweet Potato Purée





**Side Dish Solutions**

# Sweet Potato Purée

## Yummmmm

Bright Harvest Sweet Potato Purée – Create your own signature dishes like sweet potato muffins, tarts, breads and pies. You might try sweet potato soup. Serve them year round as a nutritious alternative to white potatoes and rice. No waste, no peeling, mashing or cooking like fresh sweet potatoes. Our purée is even fresher and brighter than canned!

## Preparation Instructions

May be prepared from a frozen or thawed state. To thaw, place bag in refrigerator 24-48 hours before use.

### Conventional or Conventional Oven:

Preheat oven to 350°F. Remove product from bag and place in pan. Cover and heat 1 1/4 hours for thawed and 1 1/2 - 2 hours for frozen potatoes. Stir occasionally.

### Microwave Frozen:

Remove product from bag and place in microwave dish. Heat on high setting 10 minutes for thawed and 20-30 minutes for frozen potatoes. Stir occasionally.

**Steam Table** – Remove product from bag and place in steam table pan. Cover and heat on high setting 1 1/2 hours for thawed potatoes and 1 1/2 - 2 hours for frozen potatoes. Stir occasionally.

## USDA Child Nutrition Program

2 oz. provides 1/4 cup vegetable.

## School Portioning Information

	1/4 Cup Servings		1/4 Cup (oz)	
	Lb.	bag	Frozen	Cooked
7425 (10 lb. bag)	7	70	2.0	2.1
7407 (20 lb. bag)	7	140	2.0	2.1

## Specifications and Packaging

Product	Pack Size	Case Weight		Case Cube
		Net	Gross	
7425 Purée	3/10 lb. Bags	30	31.5	0.8
7407 Purée	2/20 lb. Bags	40	41.5	1.0
7443 Purée	1/30 lb. Pail	30	31.5	1.29

## Nutritional Facts

Sweet Potato Purée

	7425	7407	7443
Serving Size	1/2 c (140g)	1/2 c (140g)	1/2 c (140g)
Serving Per Container	about 32	about 65	about 97
Calories	90	90	90
Calories from Fat	0	0	0
% Daily Value*			
Total Fat	0g 0%	0g 0%	0g 0%
Saturated Fat	0g 0%	0g 0%	0g 0%
Trans Fat	0g	0g	0g
Cholesterol	0mg 0%	0mg 0%	0mg 0%
Sodium	30mg 1%	30mg 1%	30mg 1%
Total Carb.	15g 5%	15g 5%	15g 5%
Dietary fiber	4g 16%	4g 16%	4g 16%
Sugars	6g	6g	6g
Protein	6g	6g	6g
Vitamin A	140%	140%	140%
Vitamin C	8%	8%	8%
Calcium	2%	2%	2%
Iron	2%	2%	2%

\*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